

SPECIAL MOTIVATION ISSUE

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WORLD

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**'How I ran off
7st – and felt
alive again!'** P23

FIT BEGINS AT...

40

Upgrade your body with
every passing year

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***RUN
HAPPY
RIGHT
NOW!***

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BLISS ZONE** P87

**Beat Stiff Joints
In Six Moves** P95

**RECOVER FAST
WITH CHEESE
ON TOAST** P21



266 Great Races To Enter Now P121 + **Swear Yourself Faster** P15

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MARCH 2015

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Glen Montgomery



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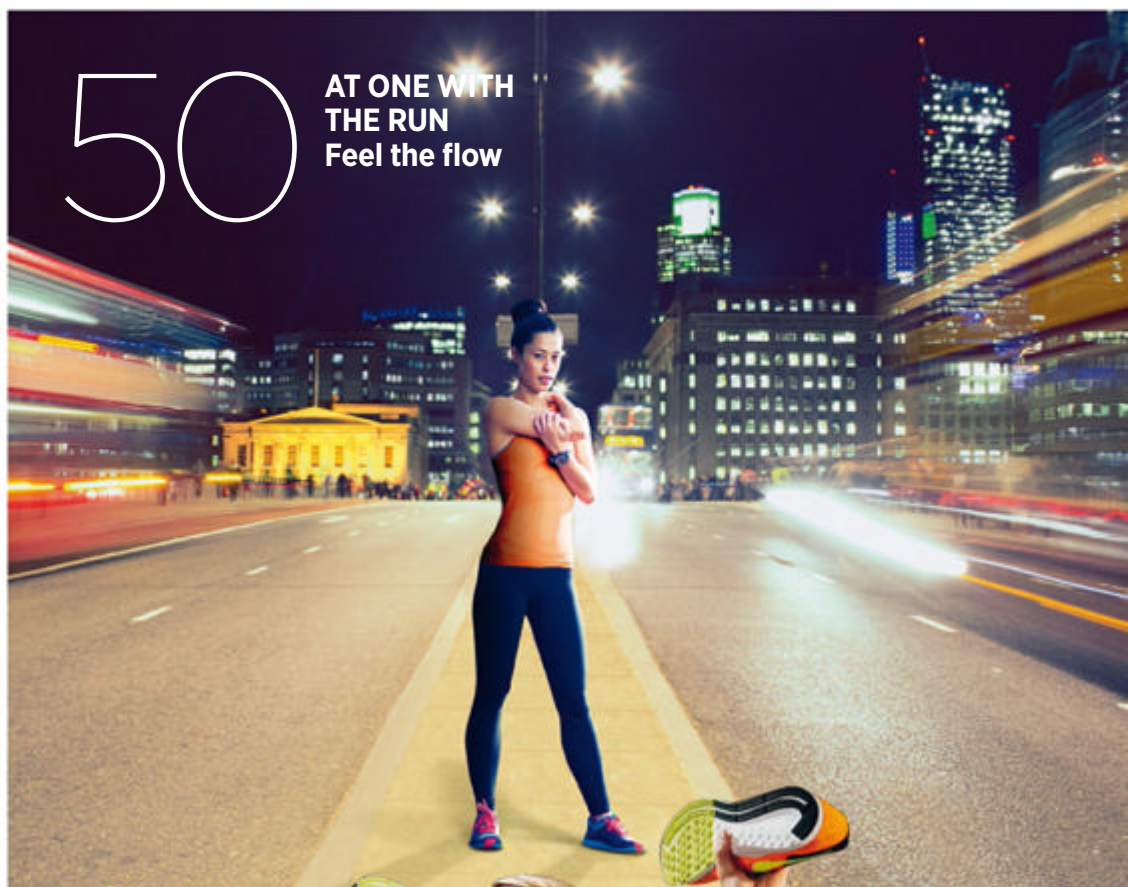
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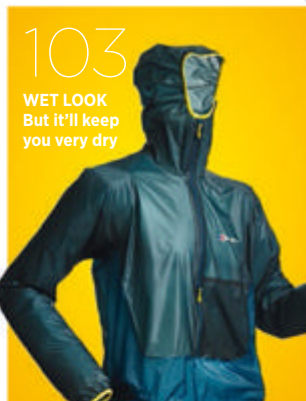
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RAVE RUN

📍 Avenue of the Baobabs, Madagascar

📷 Ian Alderman 🏃 Magdalena Skipper

As the sun begins to go down, Magdalena Skipper runs through this avenue of sacred, ancient baobab trees on Madagascar's west coast. 'The temperature here shortly before the sun sets is just perfect for running,' she says.



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If every journey begins with a single step, my journey to recovery, after a long injury layoff, has finally begun. Progress is in minutes rather than miles and I'm keeping my expectations in check, but it's great to be back.



I've signed up to run the Bath Half in March and had been hoping for a PB, but an old lower back injury flared up recently and that has sidelined me for a couple of weeks. I'm back training, so we'll see...

CONTRIBUTORS



Hannah Ebelthite

After a decade as a runner, the freelance writer decided to take a closer look at the environmental impact of our sport and how the industry – and runners everywhere – can minimise it. Find out how to reduce your footprint on **p66**



Phillip Latter

Having experienced his own 'peak' moment on the run, the running coach and author of *Faster Road Racing* (Human Kinetics) went in search of that all-too-elusive state of 'flow' for us this month. Go with it on **p50**

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FROM THE EDITOR



How are those new year's resolutions holding up? February is always a battle of willpower. That's one of the beneficial effects of training for a spring half or marathon – having

a goal to build towards is a great way of staying on the right path. But even so, the second month can be a struggle – it's still cold and dark, and the virtuous intent that carried you through the first few weeks is possibly starting to wane. So we've put together a motivation-themed issue to keep you on track.

The key is maxing out the enjoyment you can get from running. We look at the concept of flow – the elusive but blissful state when your mind is perfectly focused and your running becomes almost effortless. Sound good? We show you how you can harness it more often on page 50. On a similar note, on page 87 we examine the fabled 'runner's high' and show how you can unlock more of your brain's feel-good chemicals. And find out on page 27 how having fitter muscles can help you combat stress.

Keeping your nutrition on track is vital, so on page 60 we distil expert research into five key fuel rules that are low on fads and big on common sense. (Good news: you can still eat carbs.)

And finally, I was interested to read that boffins say going potty-mouthed can help you withstand pain (page 15). As a long-time under-my-breath swearer when things get tough on the run, that's flipping great news.

Andy Dixon, Editor, @RW_ed_Andy

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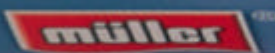
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Warm ups

NEWS Y NE O C TED

VOCAL HERO

The right self-talk at the right moment can give you a performance edge

FK!**

Researchers from Keele University in Staffordshire have found profanities can help you withstand pain. In a study, volunteers withstood a painful task for longer when they were allowed to curse compared with when they repeated a neutral word. But save the bad language for special occasions: the researchers found that uttering expletives too often robbed them of their potency to ease pain.

RUN TALL!

Self-talk that includes technical or tactical guidance - 'instructional' self-talk - can also be useful in enhancing performance ('stay relaxed,' 'tuck in behind him') and screening out negative thoughts.

YOU CAN DO THIS!

Talking to yourself in a positive manner ('I can do this') can help improve motivation and lead to better performance, according to research from Iran. The benefits of self-talk grow the more you practise it.

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Food Supplements should not be used as a substitute for a balanced diet and healthy lifestyle.

¹ McKenna, D.etal (2003).Clin Lab Haem, 18, 23-27

DOWN TIME

Your squat reveals a lot about your strength, mobility and movement. Getting it right can help you run better

KNEES

'Think "hips back", not "knees forward" as you initiate the movement,' advises Jay Dicharry, author of *Run Like an Athlete*. 'People with a knees-forward movement tend to dominate with their quads.' This puts stress on the knees. **The fix** Face a chair and squat while keeping your knees in contact with the seat, to get a feel of how to engage your glutes and hamstrings.

FEET

Your heels should stay in contact with the floor throughout. 'Early heel rise indicates a lack of calf or ankle mobility,' says Dicharry. This can compromise effective push-off. **The fix** 'If the tightness is at the back of your calf, do calf stretches,' says Dicharry. 'If it's at the front of your ankle, massage and mobilisation can improve the roll and glide action of the ankle joint.'

HEAD

The back of your neck should be aligned over your midfoot.

TRUNK

At the bottom of the squat, your trunk should be at the same angle as your shins, not pitching forward, which suggests weak glutes, a 'sitting' running posture and overstriding. **The fix** Strengthen your glutes by doing bridging exercises.

LOWER BACK

Your lumbar curve should not alter as you squat. **The fix 1** Rounding your back can indicate tight hamstrings, increasing the risk of tears, so work on your flexibility. **The fix 2** An overarching back suggests your pelvis is tipping forward, a sign of tight hip flexors, which limits hip extension. Do a kneeling hip flexor stretch regularly.

THIGHS

Get them parallel to the floor, equal weight on both legs. If your hips swing to one side, it indicates imbalance, increasing injury risk. **The fix** Do your squats in front of a mirror to ensure your weight is evenly distributed.





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CARB RULES

The power of carbohydrate as an endurance booster has long been known, but a new review in the journal *Sports Medicine* by sports-nutrition scientist Professor Asker Jeukendrup addresses the details of when, if and how much a runner needs to get a performance boost. Here's what the new carb prescription looks like...



Run duration	Carb amount	Study findings	Example of carb source
30-60 minutes	Small amounts of carb mouth rinse	Rinsing your mouth with a carb solution provides almost identical benefits to drinking it	Isotonic sports drink. Rinse your mouth with Lucozade Sport
1-2 hours	30g/hour	Body weight and rate of carb oxidation are not related, so guidelines are in grams per hour, not grams per kg	Single or dual/multiple-source carbs. Six jelly babies provide 28g
2-3 hours	60g/hour	Different forms of carb use different 'pathways' of absorption. Combining sources means you can access more	Single or dual/multiple-source carbs. Two Torq gels provide 58g of carb
3 hours	90g/hour	The study found no difference in oxidation rate between gels, drinks and energy bars	Combine multiple-source carbs, eg 500ml of High Five EnergySource provides 44g of dual-source carbs – a High Five EnergyBar adds 40g more

100

THE REDUCTION IN CALORIE INTAKE AT DINNER WHEN WOMEN ATE A HIGH-PROTEIN SNACK EARLIER IN THE DAY, COMPARED WITH A HIGH-CARB SNACK.

Nutrition Journal



Bottle bank

Hydrate during short sessions

Drink to thirst is the usual advice for hydrating during exercise, but new research¹ shows drinking during high-intensity training – which is short enough not to make you thirsty – helps the heart recover more quickly post-workout. While heart rate returned to normal just as quickly with and without water, the study showed heart-rate variability (variation in the time between heartbeats) was increased (which is good) when subjects drank.



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in England and Wales (1089464), Scotland
(SC041666) and the Isle of Man (1103).

RECOVERY ON TOAST

This rarebit is a spicy take on a comfort-food classic, blending British ingredients with a taste of the Middle East. It's the creation of Tony Kitous, founder of Comptoir Libanais restaurants. Each slice provides more than 20g of protein and plenty of sodium to replace what you lose in sweat, so it's a great post-run treat.

Ingredients

- 100g cheddar, coarsely grated
- 100g feta cheese, crumbled
- 4 spring onions, finely chopped
- 2tbsp Greek yoghurt
- 2tsp onion seeds
- 2tsp cumin seeds
- 2tsp za'atar (£1.70 50g healthysupplies.co.uk)
- Large pinch of dried chilli flakes
- 2 medium eggs
- 4 large slices of wholegrain bread
- 2 tsp sesame seeds

Method

Heat the grill to high. Put all the ingredients except the sesame seeds in a bowl. Season, then beat until well mixed. Toast one side of the bread. Turn each slice over and spread the mixture on top. Sprinkle with sesame seeds and grill until golden.

1

FETA

A good source of calcium, feta is made from sheep's milk or a mix of goat's and sheep's milk, which is easier for the body to digest than cow's milk.

2

EGGS

Packed with vitamins and protein, eggs are also high in healthy fats. One study found that eating two eggs a day for six weeks boosted HDL (good) cholesterol.

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calories (per serving) 355
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carbohydrate 25g
fibre 4g

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How I ran it off

'RUNNING MAKES ME FEEL ALIVE'

My old life

'Work hard, play hard' was my mantra. But that didn't involve training hard, so I gained weight over time.

I have bipolar disorder. I've lived with the condition since my late teens. It has led me to make two attempts on my life; the most recent was in 2006. After that I was so focused on repairing my mental health I didn't notice the decline in my physical health.

I saw my GP. She told me my weight and lack of physical activity were a real concern. I had no energy or confidence and my mental health was at risk again. When I bent over and split my 40-inch-waist trousers, the penny finally dropped.

The turnaround

Diet came first. Losing a few pounds gave me the impetus to continue.

I joined a gym. The first time I trained, 20 minutes on the treadmill at a pace of 15 minutes per mile nearly killed me.

I signed up for a 10K. I wanted to run for Mind, the mental health charity, as they had given me so much support. The race was just three months away and having a target helped me get through those first painful weeks.

I got round the course in 66 minutes. Then I pledged to do three

half marathons over five weekends in the autumn. People putting their money behind me to support Mind was a big motivator.

I've had so much support. My friends have encouraged me throughout. I also received the 2014 Member Inspiration Award from my gym. **I ran the London Marathon last April.** When I was in pain, I simply thought of the journey that had taken me from attempting to end my own life to being a fundraiser for the charity that saved it.

The future

I feel fit, healthy and energetic. I love fitting into small clothing, rather than XXL. Before, I was 38 going on 78. Now I am 40 going on 20. Running makes me feel alive.

I have an aversion to the 'I' word – inspiring. But a number of my friends have taken up running in the last six months, apparently motivated by my success, and I'm proud of them.

I continue to challenge myself. I've gone from a 1:06 10K to a 3:25 marathon and I have now set a 3:14:59 target to get a Good For Age entry into the London Marathon next year. But I balance my goals with remembering how lucky I am to be alive, let alone running.



FACT FILE

Name Rohan Kallicharan
Age 40
Hometown London
Weight before 18st 10lb
Weight now 11st 12lb
Weight lost 6st 12lb



Rohan's Top Tips

1. Don't just run: my running has improved by doing less. Your body needs time to recover, time that can be spent doing strength work.
2. Set achievable goals: I'm chasing times over 26.2 miles now, but initially my goal was simply to complete a 10K.
3. Remember why you are doing it. And think of the benefits to your physical and mental health.
4. Be proud of what you achieve. What others do is irrelevant – it's about reaching personal goals beyond what you thought was possible.

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7

THE PERCENTAGE BY WHICH RUNNERS FARE BETTER THAN NON-RUNNERS WHEN IT COMES TO THEIR LIFETIME RISK OF OSTEOARTHRITIS.

American College of Rheumatology annual meeting, November 2014

One key move Step on it

Got plantar fasciitis? Strengthen, don't stretch, is the finding of a Danish study. Subjects with the problem were assigned to either a plantar fascia stretch or single-leg calf raises off a step. After three months, the strength group had seen more improvement. The calf-raise exercise was performed with the toes on a rolled-up towel, increasing the degree of dorsiflexion (towards the shin).

TRY IT Roll up a towel and place it on a step, with the toes of your affected foot on top. Lift your 'good' foot off the floor and slowly rise up onto the ball of the other foot. Hold for two seconds, then slowly lower. Aim for three sets of 12 reps every other day.



RUN TO THE LIGHT

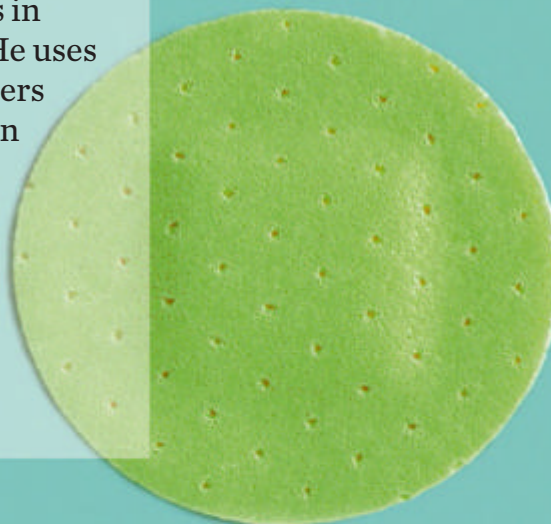
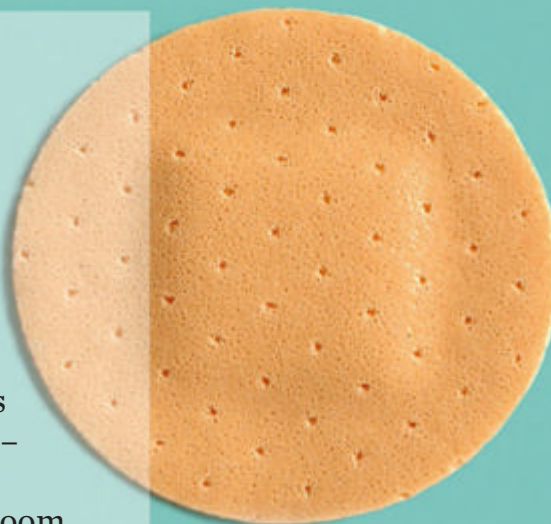
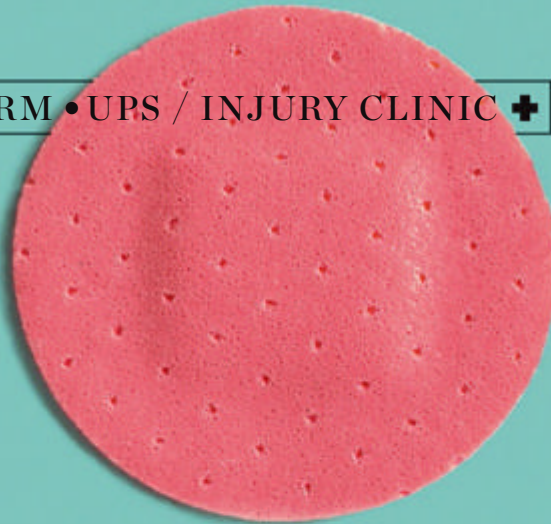
Whether you're managing a niggle or returning from injury, is it ever OK to run – or cross-train – through pain? 'It depends on the intensity of the pain,' says Tom Goom, a physiotherapist who specialises in running (running-physio.com). He uses a traffic light system to help runners gauge whether to run or rest. 'Pain should be slight – three or less out of 10 – with no reaction the next day. If you get a reaction, you've probably overdone it a bit, so try a little less next time.' If pain persists, see a sports medicine professional for advice.



Word up

The amazing talking shoe

Midway through a tempo run you receive the message: 'Warning – you're entering a fatigued state.' But it's not a coach you're hearing from – it's your new running shoe. The Runsafer shoe prototype, developed in Spain, contains sensors that transmit real-time feedback to a phone app. For example, if it detects a high injury risk, you may be advised to drop your speed. The product is still in development, so visit runsafer.eu to stay up to date.



GREEN 0-3

Safe zone
You're good to go.



AMBER 4-5

Acceptable
OK to run, but monitor condition throughout.



RED 6-10

Excessive
Go home and live to fight another day.

BURST INTO SPRING

A new season is approaching. Clear out your wardrobe and Run Happy with the new Brooks Ravenna 6

Sense there's something new on the horizon? Blossoming branches and frolicking lambs are a sure sign that spring is in the air. A running rejuvenation has begun: runners, it's time to fall in love with the sport all over again. Storming onto the scene is the new Brooks Ravenna 6, a beautifully formed shoe that sits in the Guidance category, right in that sweet spot between neutral and support, giving you all the comfort and stability you need. Run Happy with the Brooks Ravenna 6 this spring and see your running routes in a new light.

PUT A SPRING IN YOUR STEP

Inject energy, fun and high performance into your running this spring with the Brooks Ravenna 6



Meet the Ravenna 6

Bouncy BioMoGo DNA responsive cushioning combined with a new midfoot saddle for stability add up to a super-smooth ride. A thinner upper gives a closer fit and added breathability offers ultimate comfort in this new edition. With a slick design and bright colours to boot, the Brooks Ravenna 6 not only performs, but looks great too.

RRP £110.

For Ravenna 6 stockist, visit brooksrunning.co.uk or call 01903 817009



BROOKS

Strain or gain

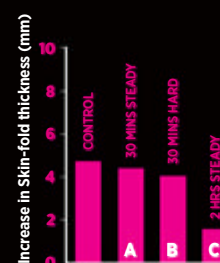
The stress test

There's a fine line between the level of exercise that benefits the immune system and the amount that harms it. Researchers at Bangor University, Wales, studied how different runs affected runners' immune systems by giving them a chemical that caused an immune response after a workout. The less they responded to the 'threat' (gauged by redness and skin thickening), the more their immune system was affected. The study showed:

A Brief, moderate exercise doesn't have much impact on the immune system.

B Brief, intense exercise stresses the immune system only slightly more than moderate workouts of the same length.

C A long run can suppress immune



UP AND RUNNING

Need another reason to get your running shoes on? Fitter muscles can help you combat stress. Swedish researchers found that mice bred to have well-conditioned muscles didn't develop depressive symptoms when they were exposed to prolonged stress, while normal mice did. The study revealed that well-trained muscles have higher levels of an enzyme that purges the body of a substance (kynurenine) that's produced during times of stress and is linked to depression.

15

THE MINIMUM NUMBER OF WEEKLY MILES ASSOCIATED WITH A 40 PER CENT REDUCTION IN DEATHS FROM ALZHEIMER'S DISEASE.

Source: National Runners' and Walkers' Health Study, US



Enjoy the feeling

Get in touch with your emotions to go faster

A stiff upper lip could slow you down, according to a study published in the *Journal of Sport & Exercise Psychology*. Suppressing emotion requires what psychologists call 'self-regulation' – or willpower – and since we only have a finite amount of steely resolve, using it up before a race means there's less available when the going gets tough. In the study, subjects who suppressed their emotions while watching an unsettling video had a lower power output and a higher effort perception in a 10km cycling time trial than subjects who were allowed to vent their feelings and others who were not shown the video.

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HUMAN RACE

REAL RUNNERS, INSPIRATIONAL STORIES



FACING CHANGE

When Cath Kirk was left with part of her face paralysed after surgery, running proved the perfect way to re-engage with the world

Words **Adrian Monti** Photography **Tom Miles**



Thousands of the runners who take part in the London Marathon have very personal tales to tell, and we usually know about them by what's written on their vests. But for Cath Kirk, it's her face that tells her story.

Cath, who ran in last year's race, underwent surgery to remove a brain tumour in 2007 and endured years of painstaking surgery to rebuild her face.

'During the marathon, nobody commented on my face, probably because everyone's face looked pretty contorted,' says Cath, 30, who has been a runner for as long as she can remember. 'I've always found that running stops me feeling like an outsider. It doesn't matter how you look; if you run, then you're a runner, and people accept you.'

Cath, a physiotherapist and a keen dancer and stage performer, was living in her native South Africa when she first became aware that something was wrong. 'I noticed a cold, numb spot on my tongue,' she remembers. 'Then I lost hearing in my right ear and began falling over when putting my trousers on.'

An MRI scan revealed a tumour known as an acoustic neuroma. It's a benign growth, but in Cath's case the tumour was pressing on the part of the brain that controlled her balance and hearing.

'Although I was shocked, I was also slightly relieved because I feared it might be multiple sclerosis, which would be with me for life,' says Cath.

The squash ball-sized tumour was cut out, but Cath's facial nerves were badly affected by the surgery, leaving the right side of her face paralysed.

As well as recovering from surgery, Cath had to get used to the strange looks she now encountered. 'I knew people were looking at me because my face was lopsided. When I spoke, my mouth didn't work normally and when I raised my eyebrows, only the left one would go up.'

She was particularly upset at losing her distinctive beaming smile. 'I had no feeling or control on that side of my face,' she says. Cath says she never minded telling people her story. 'It was easier if they asked what had happened rather than just stared,' she explains.

Although running meant being outside and encountering more curious looks, Cath found it a great comfort. 'I ran a few weeks after the surgery,' she says. 'I was nervous that I might damage myself because I still had a hole in my head from the operation. But it felt good to be out running again. It gave me something to focus on and was a positive force in my life. It acted as a natural antidepressant.'

Cath's friends from her running club were keen to get her out again and



A STRONG WILL
Running has helped
Cath regain confidence



THE OLD DAYS
Cath before
her life changed

'Running gave me something to focus on and was a positive force'

quickly accepted that her face now looked different. 'I was so keen to be part of that world again that I even walked our Christmas race just to feel involved,' she says.

'I never felt as self-conscious when I was running,' she continues. 'It made me feel like there was still stuff in my life where my face made no difference. Everyone has sweaty, red faces when they're running, so not being beautiful doesn't matter.'

Cath moved to the UK in 2009 and underwent extensive facial surgery over the next few years. In 2012 she had an intricate operation in which a nerve from her calf and, later, a muscle from her armpit were inserted under her chin. This restored some of the

movement on her right side and made her face more symmetrical.

Her experience brought her into contact with Changing Faces, the UK charity that supports people with facial disfigurement. 'The Changing Faces message is that we should acknowledge that how we look does matter, but it shouldn't determine how we're treated,' says Cath, who now lives in Surrey. 'I strongly believe that too.' That's why she pledged to run last year's London Marathon in aid of the charity.

'By then my face looked more normal,' she says. 'I could even run without my make-up on first thing in the morning, which was a big step.'

However, Cath's preparation for the event was interrupted when a routine MRI scan detected a second, pea-sized tumour on her brain. It was successfully removed last January, but left her only weeks to train. 'I got back to running as soon as I could, but it wasn't nearly enough,' she says. However, she was determined to get round, and finished the race in five hours.

'Running has been a constant in my life,' says Cath. 'Wherever I've gone I've always found a ready-made community of fellow runners to link up with.'

Cath met a new partner, David, last year. 'I'm lucky to be a bubbly, extrovert person,' she says. 'I'm now more comfortable accepting I've got facial palsy, and I live with it. But running has played a big part in helping me gain the confidence to face the world.'

● *Changing Faces supports people with injuries, scars and disfigurement. Its work focuses on counselling, support and skin camouflage to combat discrimination. For more details, visit changingfaces.org.uk*



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Conquer the continents

In November last year, **Dave Weeds** crossed the finish line of the Antarctic Ice Marathon, an achievement that would have been pretty special on its own. But for Dave it also marked the culmination of a challenge that began more than five years ago – running a marathon on all seven continents. ‘When I ran the London Marathon in 2009 I never imagined I’d end up doing this,’ says the 37-year-old from London, who is one of only 102 people in the world who can claim membership of the Seven Continents Marathon Club.

‘I’d only taken up running the year before; I ran London as a challenge and to raise money for the National Deaf Children’s Society.’ Although Dave initially vowed never to run another marathon, he pulled his running shoes back on once the muscle soreness had faded and he began to combine his growing wanderlust with some far-flung marathons. ‘It wasn’t until I was in Sydney, in 2012, that I realised I had run four marathons on four continents,’ he says. ‘That was the turning point.’

The following year, he decided to

add a twist to his fundraising efforts by donning a Godzilla suit to run the Tokyo Marathon. ‘It was one of the highlights of the whole challenge because I just had fun – I wasn’t looking at my watch all the time,’ he says. A few months later he bagged a PB at the Cape Town Marathon, leaving him with just one continent to run on – in one of the toughest races on earth.

Fierce winds meant the start of the Antarctica Ice Marathon was postponed by two days, but eventually Dave and the other 49 competitors got underway in temperatures of -15C. ‘In some places my feet were sinking into ankle-deep snow,’ says Dave. ‘I had to wear loads of layers. The challenge was not to overheat, so I was constantly taking things off and putting them on. The whole experience was incredible. The scenery, the sheer scale of the place – snow and mountains in every direction.’ Dave finished in 5:52, achieving not just a remarkable individual feat, but bringing his fundraising total to £18,000.

• justgiving.com/daveweedsantarcticicemarathon



Stay in the running



When an orthopaedic consultant told **Mags Mathieson** (left) she could no longer run, the civil servant from Belfast broke down in tears – and then carried on. Mags

completed another marathon, but as she limped round, her knee causing constant pain, she knew her running days were over. ‘I was devastated,’ says Mags, 54. ‘But I realised I could stay involved in running by helping out at events.’ She posted a brief notice – ‘one willing volunteer available for marshalling duties’ – on the Northern Ireland thread of the *Runner’s World* online forum. ‘I was inundated with requests!’ she says.

That was three and a half years ago. Mags now volunteers up to four times a week, is a Northern Ireland Local Leader Coordinator for volunteering charity Join In and director of the Waterworks Parkrun in Belfast. ‘Volunteering gives me a sense of fulfillment,’ she says. ‘Being involved is some compensation for not being able to run. In some ways, I’m more involved in the running community now than I was when I was running.’

The rules of running No 28: The pasta thing is overblown



Distance running and pasta are so closely associated it makes you wonder if the two industries aren’t in cahoots. I should stress that eating pasta the night before a long race is not a bad idea. It’s great, if that’s what you’re hungry for, or what you’re used to. But there’s nothing magical about the stuff. It’s just flour and water, folks. Let your gut guide you.

Extract from *The Runner’s Rule Book* by Mark Remy (£11.99, Rodale Press)

INBOX

First steps for the new year

Looking in the mirror and stepping on the scales on New Year's Day, I realised that my middle-age spread had spread. I blew the dust off my old trainers and headed for the door. 'Running,' I thought, 'how hard can it be?' I went hell for leather but, unfortunately, my fitness did not match my enthusiasm and I was soon gasping for breath. I staggered home and, once I'd recovered, began to read some articles for beginners on your website. Next time I go out I'll be armed with new knowledge and motivation. It's early days, but with your help I will gradually increase my fitness and next time I write I just might be able to say I've completed my first 5K.

Tim Hills, Great Yarmouth, Norfolk

Mixed message

I was rather surprised to see John Lowden's letter, *Lightweights*

LETTER OF THE MONTH

**A long way**

How encouraging it was to read Kate Jayden's story (RW, Feb) about how running has helped her post-eating disorder. I battled with the illness in my youth and believe running has helped maintain my recovery. I agree with Kate that running is not a new obsession, but a way of finding happiness. I'm running my first marathon this year and while I'm raising money for charity I also want to use the race to mark how far I've come since the battles of my teenage years.

Alice Carter, Lincoln PIC

A homeless person asked for my foil blanket at a recent race. It got me thinking: are there any charities we could send these blankets to so that they can put to good use?

Philip Morris, Tipton, West Midlands

RW says Know a good home for foil blankets? Tell us

(RW, Feb). The NHS considers drinking eight units in one sitting to be 'binge drinking', so to publicise somebody drinking 20 or more units is irresponsible, especially as RW is promoting a healthy lifestyle.

Peter Maddison, Lewes, East Sussex

that it was the lowest they had ever seen in someone who was still conscious. I am now getting better and know that running will be key to both my physical and emotional recovery.

Kate Sturman, Stockport, Cheshire

Survival of the fittest

I recently had a life-threatening illness, which I truly believe I would not have survived had I not been so physically fit through regular running. I suffered massive internal bleeding; when the paramedics arrived and read my blood pressure they told me

My rave run

Here I am blowing away the New Year's Day cobwebs with a gentle jog up and down Pen Y Fan in the Brecon Beacons. I'll be tackling the mountain again (with my running buddies Darren and Jon) in the Fan Dance race this summer, and then, in October, we're running the Snowdonia Marathon.

Beth Hodge, London

The month in mail

31

per cent of our mailbag backed Annabeth Orton's plea (RW, Feb) for an RW feature on gaining weight

12

readers were moved by Sam Murphy's column (RW, Feb) on losing her canine running buddy

4

people joined in the debate begun by Nick Richards (RW, Jan) about headphones in races



'As a runner with my own four-legged running pal, I admit a little tear fell reading Sam Murphy's article. RIP, Sid.' **Samantha Phillis, by email**



What's inspired or annoyed you this month? The writer of the winning letter will receive a pair of Saucony ProGrid Hurricane 16 shoes, worth £110.*

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Kilian Jornet

The world-conquering ultra runner on keeping things simple while pushing the limits

One of the world's best ultra runners, Kilian Jornet is a seven-time winner of the Skyrunner World Mountain Running Series and has won the Ultra Trail du Mont Blanc three times. The 27-year-old from Catalonia, Spain, is also a ski mountaineer and holds multiple mountain-running speed records, including an ascent and descent of Alaska's 6,194m Mount McKinley in 11:40 last year.

What drives you to continually challenge yourself?

The thing that motivates me is exploring landscapes. You discover the place, but by pushing yourself you can also discover yourself – your fears and your limits.

Have you reached them?

No. I think when you find your limits, you die [laughs]. But you want to get as close as possible. And they change as you acquire new skills and your training goes up and down.

You've set many FKTs (fastest known times). What's their appeal compared with traditional racing?

FKTs are being talked about a lot at the moment, but they're not a new thing. The first FKT recorded for Mont Blanc was in 1862. The nice thing is that it's not structured, there's no race number. You just pick a route and do it on a day you choose.

You have set your sights on running up Mount Everest without oxygen. When do you think will that be?

It's a long-term project. I'm excited about it. But you need to wait for the right moment. If you are under pressure to do it at a certain time, you take risks.

How does your mindset differ when you're training compared with when you're racing?

In training it's about having fun in the mountains. When you're racing, you want to win, or do as well as possible, so you focus – you don't enjoy the view.

Do you use a training device?

Yes, mainly to check the time, so that I'm not caught out in the dark. I count how many hours I've run – pace is irrelevant on technical terrain. I used to look at heart rate, but not anymore. I look at altitude and elevation.

Do people overcomplicate running?

Yes, humans like to overcomplicate things. I like running because it's so simple. I try to do things simply when I run – drink water from the river, eat berries from the forest. I don't like to

carry much. When we were kids, we would go for walks in the mountains – once we went without water for 15 hours. There's a difference between what we need and what's a luxury.

You've just written your second book. Do you enjoy writing?

I like to write. I'm not good, but I like it. It gives you perspective on things. I'm not a social person, so writing is good for me. To run well, you need to train hard and learn from others. Writing is the same. You start, then you do a little more and read more, and you get better at it. Everyone has different talents, but you still have to work hard.

How do you steer clear of injuries?

From November to April, I don't run at all. I just ski, ski, ski. I think this is good for recovery and protects me against injury. Also when you run in the mountains, every step is different and you use different muscles.



STILL ON THE RISE
Ultra champ Kilian Jornet
continues to test himself

Can someone learn to love running?

It is possible. Love is about where we feel confident. But it has difficult moments, too. The trouble is we think we can do everything and do it now. But we cannot. We need to focus on the things that are important to us and do them passionately – and with patience.

What have your years of running taught you about life?

To be independent, and accountable for the decisions you make. And, when you take a risk, to analyse what the dangers are. It's important to be humble, to do things not for recognition or success, but because you have a deep love for them. I can run fast now, but later there'll be a time when I run slower. And, after that, a time when I have to walk. Maybe there'll be a time when I have to just sit and look at the view. It's fun to run fast, but it's more about where running can take you.

● Follow Kilian Jornet on [strava.com](https://www.strava.com/athletes/kilianjornet)

HIGH FIVE

Meet the #asics262 final five and join the journey online for your own spring marathon success



After 3,000 applications, 50 hopefuls at Bootcamp and one week of furious campaigning by a final shortlist of 24 in our Paris Marathon training project, ASICS Target 26.2, we finally crowned our #asics262 runners late last year. Christmas came early for the final five with a shopping spree in the ASICS flagship store on Oxford Street, London, in December to prepare them for the 16 weeks of tough training ahead.

Tim, Tom, Tony, Andrea and Amy are the runners you helped us choose and they are ambassadors for marathon runners everywhere. They're gunning for sub-3:00, sub-3:30, sub-4:00, sub-4:30 and first-timer goals, and you can follow their journey to Paris and get all the advice you'll need for your own training.

'I feel like I've already won an Olympic gold, but the hard work is ahead of me,' said Tim, who's aiming for sub-3:30. 'I'm fine until 20 miles, then I fall apart. With coach Sam's plan, I'm hoping to get it right for the final six miles.' Follow our runners' journey to Paris at runnersworld.co.uk/target262



MEET THE #ASICS262 FINAL FIVE



TIM JONES

Marathon PB: 3:51
Target: Sub-3:30



AMY ROACH

Marathon PB: 4:12
Target: Sub-4:00



ANTHONY MCNEILL

Marathon PB: First-timer
Target: Sub-4:00



ANDREA WESTCOTT

Marathon PB: 3:51
Target: Sub-4:30



THOMAS RANN

Marathon PB: 3:36
Target: Sub-3:00

TALKING TECHNICAL

Running Services Manager Andrew Tew helped the runners choose the right kit for winter training. 'It's not necessarily the outside temperature that's going to make you cold in winter, it's the moisture that facilitates the spread of the cold from the outside to the skin,' he said. 'Technical running gear takes moisture away from the skin, helping to keep your core temperature warm. You want a layering system – a base layer that removes the moisture and then an outer layer to protect you from the outside.'



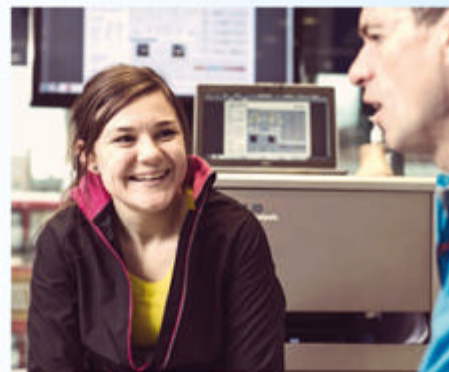
SHOE SCIENCE

Next up, the runners underwent a detailed Foot ID in the running lab, a gait analysis to help them find the right shoes for the different types of training sessions they will do. 'It was really interesting to see the science that goes into deciding which shoes to choose and why you wear them,' said first-time marathoner Tony.



THE ONE-TO-ONE

Our final five have some hefty times to tackle to hit their marathon goals, but an introductory session with the coaches helped them to get off on the right foot. After the session, the coaches devised bespoke training plans for the runners, which you can follow online.



THE CHALLENGE AHEAD

Coaches Sam Murphy and Steve Smythe give their thoughts on their marathon recruits



'Amy's 5K speed is excellent so she's got the raw potential and sub:4:00 should be comfortable for her. Tom's in really good shape, too. Like Amy, he's quite young, so he won't have a lot of miles in the bank. His speed is also great – the unknown

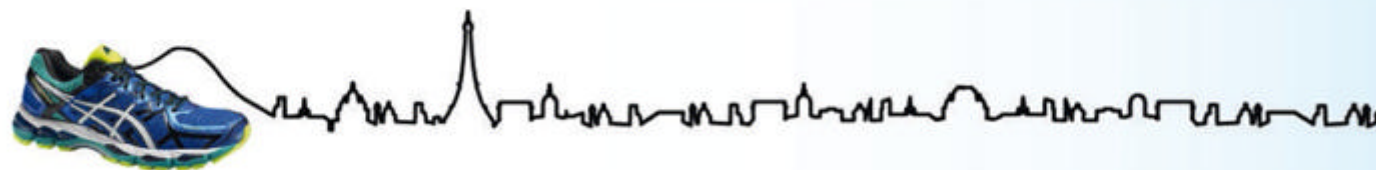


factor will be how he's going to react to training harder than he's ever done before.'

'Tony wants to run under four hours, which will be a challenge, but he has the potential. Tim's best time is over 3:50, so it's a big ask to get that down to 3:30, but his other times suggest it's possible. The challenge for Andrea will be in



taking a leap of faith to do something different from her usual routine.'



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RUNNING COMMENTARY

“
THOUGHT
THAT
COUNTS



‘What a bonus it is to have routine in your life’

Only a month into the new year and all those promises we made to ourselves to eat less, exercise more and quit the booze are falling by the wayside. In fact, research conducted last year suggests 75 per cent of resolutions don't even make it to February. It's easy to blame a lack of willpower, but I think habit is a significant, and overlooked, obstacle.

Psychologists believe as much as 45 per cent of daily behaviour is governed by habit. The reason we're so good at forming habits is because when it comes to the things we do often, the brain likes to lump together behaviour, cue (often a time of day or a particular environment) and reward to reduce the amount of mental energy that is needed to make them happen. Habit is such a potent force that one study found people who routinely eat popcorn (the behaviour) when they go to the cinema (the cue) will chomp it down even when it is stale, despite not getting the taste (the reward) they expected.

Those of us who have the running habit don't find it difficult to lace up our trainers. When the alarm goes off, autopilot kicks in and we're in our shoes before we're even fully awake. But imagine that when the alarm goes off you've got to go cycling, instead. You have to pull on a different set of kit, gather some tools, lights and a drink, and then make sure you're clear on the route. Or you're going to a new yoga class. Suddenly, you're veering off the



well-trodden path of habit and have to think about what you need to do to make your workout happen. And all that thinking leaves you more vulnerable to bailing out.

I first noticed this during my long months of injury last year. With 25 years of running on the clock, the habit is deeply ingrained. But when I had to replace running with activities such as cycling, swimming, strength training and rehab exercises, I found myself procrastinating, forgetting and making excuses. You could argue I simply found these activities less interesting than running, but I don't think that's it: instead, I think it comes down to the greater mental and physical effort that is required to perform an activity that is not yet a habit. Hence, despite

the best of intentions, the failure of so many new year resolutions.

The plus side of my experience is my newfound empathy for novice runners struggling to make the sport a habit. Before, I assumed that people who are unable fit in the exercise they say they are keen to do must lack willpower. But now I realise what a bonus it is to have that routine in your life. For one thing, being a regular exerciser means you need less willpower, because habit takes over. Once formed, habits are also good at weathering the storms life throws at us. A study published in the *Journal of Personality and Social Psychology* found that when we are stressed or tired, we tend to default to habits – good or bad – and are more likely to perform them than usual. ‘When we try to change behaviour, we strategise about motivation and self-control, but what we should be thinking about instead is how to set up new habits,’ says Professor Wendy Wood, from the University of South California, US, who conducted the research.

It's no easy task. Psychologists recommend using ‘implementation intentions’, predetermined plans for how you'll respond to a specific trigger. For example: ‘I'll put my shoes by the alarm clock so that if I reach for the snooze button I'll see them and be reminded of my intention to run.’ You can make habit-forming easier on yourself by being organised – a new behaviour can easily be derailed when it hasn't yet become routine. Consistency and repetition are your friends. But if you fail, don't beat yourself up – examine what went wrong so you can plan better next time.

It's worth becoming a creature of habit to spare yourself the daily inner battles and indecision that come with having to think and make choices about everything. As Aristotle reminds us: ‘We are what we repeatedly do. Excellence then, is not an act, but a habit.’

Speedy
stat

2.25

Number of running miles associated with a 95 per cent lower risk of breast cancer mortality compared with women not meeting the exercise guidelines.

● Sam Murphy tweets
@SamMurphyRuns



'Everyone seemed happy, apart from me'

As a child, the walk to school

took my brother and I past Derek, an incongruously named Alsatian who would bark at us, running and leaping from his kennel before springing back with a yelp, tethered as he was by a metal chain. We knew the family, a rough, hard-drinking but fun bunch who attested to Derek's friendly nature. 'He'd never hurt you,' they'd say.

Every morning, Derek would run, leap and spring back...until the morning he didn't spring back. The chain snapped. Derek ran. We ran. I can still feel the heavy weight on my back as Derek jumped onto me, knocking me off my feet and pinning me face down on the ground. I experienced a moment of pure terror as I felt a blast of hot dog breath on my neck. Then the owners raced out, calling, 'Derek! Bad boy! He won't hurt you.' Was it this painful memory that has left me with a fear of dogs?

One Wednesday recently, as I cooled down after a run, my inbuilt health-and-safety sensor was alerted to the approach of a scary combination. One was a snarling, dead-eyed, cone-headed creature. And his dog looked even more fearsome – it was a very muscular Staffie-mastiff-God-knows-what crossbreed. Thankfully, the dog was on a leash. The owner wanted to talk as he held him back. 'He's all right he is, he's OK.'

The owner gave the impression of being somebody that people didn't usually stop to talk to, and

he spoke in an eerily high Cockney accent, with a slightly lazy lisp.

'Is he?' I asked. 'Yeah, he's fine. He keeps getting into trouble, but I've got to take him out. So I take him out now when it's quiet.'

He was a large fellow in his early twenties, wearing black tracksuit bottoms and a black coat, and he had a chunky chain on his chunky neck. The dog growled, so the owner bunched up the lead and hit the animal sharply on the back.

'Stop it!' His fingernails were dirty and long – curly long. 'You've got to show him who's boss. It's when he's scared, that's when he goes. He's bitten me before. Look.'

He pulled up a coat sleeve to unveil a nasty scar on his forearm. 'Four stitches,' he said jovially. 'And this...' Up came a tracksuit leg, revealing a pale zigzag on his calf. 'He wouldn't let go!' He laughed. 'The more you pull back, the harder he hangs on. Nobody would have him, so I thought I'd take him on. He's not bad, just scared.'

'Well, it's good that you're looking after him,' I offered. My nerves had begun to fray; the whole scene was a bit intense. The guy didn't seem bad; if anything, he was over-friendly. I liked the idea of someone caring for dangerous dogs. But this guy seemed impervious to pain and overly relaxed about violence.

'If I don't, they'll kill him. He's a crossbreed and they don't like crossbreeds. Poor fella. Stop it!' Poor fella was growling constantly at me, nostrils flaring. Was he onto

Runnerpedia

Negative split (n)

A tear in your running shorts of such magnitude that they can never be worn again

me? It was the eyes that were freaking me out. There was no give in them. I felt that if I hung around too long I'd be making the news for all the wrong reasons. Something didn't feel right. I didn't want the owner to know. It's unfair, really, a prejudice, as he'd been nothing but friendly. I glanced either side of me – there was nobody around.

In the time it had taken me to look left and right down the path the owner had taken a small kitchen knife from his coat and was cheerfully chiselling into a branch that had fallen to the ground. 'Let's give him something to chew on.'

The dog seemed more relaxed now. Everyone seemed happy, apart from me. Time to go, I thought. 'So if I run I'll be OK, then?' I asked.

'You'll be OK, mate. I'm here!' He said this with such generosity of spirit that I felt embarrassed by my previous misgivings.

I stuck out my hand. 'Listen, mate, good luck. You're doing well with him. It's great what you're doing.'

'Thanks, mate.' He clasped my hand and grinned. 'Someone's got to. Anyway, you run.' He gestured to the knife. 'While you still can!'

And we laughed.

And then I ran.

● Paul Tonkinson is a standup comedian who spends his time running and philosophising



Wise Words

#30: Form

'It is better to begin easily and get your running to be smooth and relaxed, and then to go faster.'

Henry Rono, Kenyan former long-distance runner

'If it wasn't for form, I don't think I would have won.'

Meb Keflezighi, 2014 Boston Marathon champion

'You have to relax into [a long run] like easing your body into a hot bath, until it no longer resists the shock and begins to enjoy it.'

Christopher McDougall, author of *Born to Run*

'You show me someone with bad form and I'll show you someone who's going to have a lot of injuries.'

Alberto Salazar, elite coach



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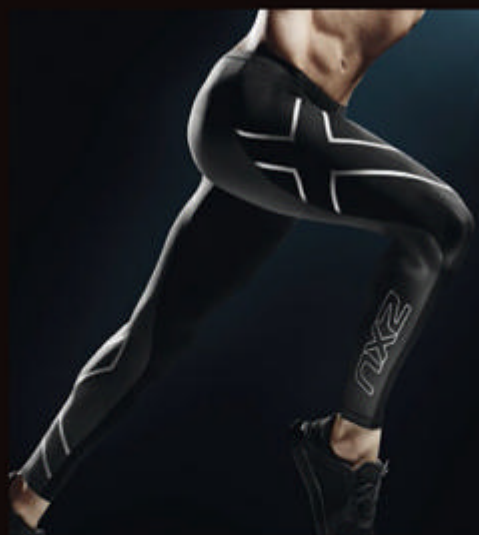
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Give it a rest

Recovery is as essential to improving your performance as long runs and intense speed sessions. And it's not about flopping on the sofa with a big bowl of spaghetti. These strategies will help you recover properly so you can get out there again and again

ILLUSTRATIONS **ADAM QUEST**



You

study your training grids, plotting your runs with scientific precision – pace, splits, distance – but how much thought do you give to what happens when you *stop* running?

It takes attention to these details to avoid injury and stay healthy during periods of intense training; to ensure your body recovers from hard efforts so you can get out there day after day. That makes recovery strategies just as critical for improving performance as nailing key sessions. Obviously, a perfunctory stretch followed by a guilt-free (you think) delve into the biscuit barrel won't cut it, but how and when to recover can be as individual as training itself. Ice baths, massage, foam rollers and stretching work for some runners, but are they as essential for others? What habits will truly keep you healthy and ready for more? And what exactly does recovery mean, anyway?

'The simplest definition is the act or process of returning towards normal,' says Trent Stellingwerff, research and physiology leader at the Canadian Sport Institute. 'It can happen in terms of seconds – such as the recovery period between intervals on the track – hours or days. Or it can be weeks, or even months.'

Delving a little deeper, Stellingwerff says that recovery means restoring energy-producing enzymes inside the muscles, replenishing functional protein, fat and carbohydrate stores, and regenerating the endocrine and immune systems. Recovery comes down to repairing, resting and refuelling – all while still allowing the body to adapt to the training workload and reap fitness gains.

So the seconds, hours and days between all those bouts of running matter. A body at rest – in the runner's life, anyway – doesn't stay at rest. If you're recovering well, your body bounces back and is ready for more.

ALL RECOVERY IS NOT EQUAL

Stellingwerff, who works with Canadian Olympic runners, says every training stimulus requires a different recovery strategy. It depends on how much you're training and whether your recovery goal is simply for muscle adaptations to occur, or whether it's time to throw the kitchen sink of recovery aids at your body, such as when you have several races packed together in your diary. In other words, runners should ensure that their recovery perfectly suits their training and racing.

During heavy training, when you're not only logging high mileage but also including high-intensity sessions, it's normal to feel fatigue and soreness – that's your muscles adapting to the workload. Interfering too much with these processes can reduce the fitness gains. However, as you get closer to your race, you should be less concerned with those adaptations because it's time to focus on feeling fresh and race-ready, using all the tricks and tools necessary to get you there.

'It really is a delicate balance,' says Stellingwerff. 'If a marathon runner is in a hard week and reaching the upper limits of soreness, it's OK to use an ice bath to help complete the mileage. You need to consider the context – there are times when using that ice bath, for example, may be of more benefit to performance even though some adaptations may be lost.' Essentially, runners don't always need to feel good; there are times when they just need to feel good enough.

David McHenry, a physiotherapist for the Nike Oregon Project, where Mo Farah trains, says that athletes such as the 5000m and 10,000m Olympic champs rely on years of trial and error that guide them in deciding the timing and level of massage, hydration, sleep and nutrition they need at different points of their training and racing cycles.

Of course, these elite athletes also have access to cutting-edge tools such as the cryosauna (see page 49) and they also have teams of experts on hand to help them. However, McHenry maintains that it doesn't need to be so complicated. While the Oregon Project athletes get 60-90 minutes of full-body massage twice a week, the rest of the running population can benefit from using the less time-consuming foam roller, every day. 'Foam rolling is huge. It's a more powerful recovery tool than stretching,' he says. 'It helps you push out the metabolic waste, it promotes circulation and it's a lot cheaper than forking out for a massage every week. The more you foam roll, the less you'll need to see physios like me.'

GO TO BED

Even more accessible to mere mortals is the one simple strategy that all experts, athletes and coaches agree is the biggest factor in recovery and improved athletic performance: sleep. 'There's no doubt in my mind that probably 90-95 per cent of all recovery can be achieved by proper sleep and nutrition,' says Stellingwerff. 'Your sleep quality can improve your performance.'

McHenry agrees, saying that his Oregon Project athletes typically get 10-12 hours per night, as well as another hour-long nap most days. When they get that shut-eye is up to them, with some going to sleep later and waking up later and others preferring an early-to-bed, early-to-rise schedule. The key, McHenry says, is to be consistent about the time they go to bed and wake up. 'You have to allow for individuality,' he says.

Whatever your personal biorhythms or schedule may dictate, though, getting more good sleep will definitely reap rewards. In ongoing research into the impact of sleep on athletic performance, US researchers at Stanford University have found more sleep led swimmers to set personal bests, and improved reactions times and performance in basketball players. These and other findings have led them to conclude that sleep duration is an important component of peak performance.

Magdalena Lewy-Boulet, an Olympic marathoner who finished second in The North Face Endurance Challenge 50-miler, says that when she was competing on the roads, she'd notice a huge difference during the weeks when she was able to fit in naps. 'When I was running full-time, I made room for them on my schedule, especially on hard workout days and between doubles,' she

GETTING MORE GOOD SLEEP WILL REAP REWARDS

says. 'It greatly improved my training – even an hour helps. Now, at weekends, I try to indulge in a nap after long runs.'

Scientists agree that runners need to log sufficient time at the third and fourth stages of the sleep cycle – that's when human growth hormone is released, which helps build and repair tissues. Without enough sleep, the body may produce more of the 'stress hormone' cortisol, which interferes with tissue repair. Lack of adequate sleep can also mess with the metabolism, leaving runners without adequate glucose stores to fuel long efforts.

So how do you go about upping your shut-eye time? Researchers suggest that it's easier to change a bedtime than a wake-up time, and recommend moving your bedtime gradually over a few days to increase sleep duration. They also say that good 'sleep hygiene' makes a difference, so creating a routine helps (see 'Ace your Zzzzs' below).

If sleep is the cheapest and most underrated recovery aid, then nutrition

and proper fuelling come a very close second. You may already be aware of the 30-minute refuelling window following a workout, in which your body can make the most of the magical 4:1 grams of carbs-to-protein ratio needed for recovery. (See our feature *Fuelling Facts* on page 58 for more details on getting it right.) 'There are so many variables runners can't control in how they ultimately perform,' says Stellingwerff. 'But there are about more than 1,000 times a year when you can choose the right thing to eat and that will have a huge impact on your success.'

TAKE A BREAK

After focusing so hard on not only training well, but also eating well, sleeping well, foam rolling and the like, there comes a point once or twice a year when your body and mind need a complete break. Don't feel you're somehow slacking off – even the cream-of-the-running-crop plan time off each year. And most agree that scheduling a break is preferable to being forced into one by exhaustion or injury.

Legendary coach (and former over-trainer) Alberto Salazar has said that recovery takes confidence. Knowing when to stop running for a day, or a week, or more, isn't easy for many runners, but understanding that it will enhance performance in the long term comes with maturity.

Sports psychologist Barbara Walker says that when endurance athletes take a break from training and competing, they often experience physiological and chemical changes that can make them feel out of kilter. The loss of endorphins, and, for some, the loss of a sort of coping mechanism in their lives, can be difficult.

ACE YOUR ZZZZs

Cheri Mah, a sleep researcher at Stanford University, offers these tips for getting the most from your shut-eye



Make the bedroom dark, quiet and cool. Don't take those post-long-run naps on the sofa in front of the TV.



Maintain a consistent schedule, waking up and going to sleep at the same times, even at weekends.



Establish a pre-bed routine to wind down, such as stretching, reading or listening to music 30 minutes before lights out.



Reduce hydration two hours before bed. And steer clear of caffeinated drinks and alcohol.



'It produces anxiety,' she says. 'In a non-injury situation, many runners think they can just plough through without time off – it's obsessive-compulsive behaviour.'

But the mind needs a break as much as the body does. Walker says that training (and racing) too hard for too long could leave you forgetful, unfocused and irritable. In the process you may start faltering when it comes to work, family and other obligations. Also, depression is a possibility after a big race you've been building up to for a long time.

To cope with a break, it's best to keep moving, says Walker. Take long walks, try yoga, keep stretching, swim or cycle. 'Your body and brain want you to move, but do that in a different way than you do while training,' she says. 'Think of it as a time for rebalancing and strengthening.'

For professional runners, breaks typically happen when the competitive

THE MIND NEEDS A BREAK AS MUCH AS THE BODY DOES

track or road-racing seasons are over. That's when most of them take seven to 10 days completely off from running. For some, it's time to disconnect from the sport – go on holiday, eat big tubs of ice cream, spend time with people they don't get to see while they're in training lockdown. Others can't step back, and that's fine, says Walker. For them, instead of spending time running, they get recharged by planning their next season.

In the end, whatever your strategy or time for recovery, it will only make a difference if you give your routine proper focus over the long haul. Whether it's foam rolling, stretching or sleep, it won't help unless it receives the same dedication as you give to your training. 'Recovery isn't rocket science,' says McHenry. 'It's the consistency of doing all of it that will make the difference.'

RECOVERY SCIENCE

It can be hard to know if a recovery aid has a positive effect or if you're just convincing yourself it works. Here's what scientists know for certain

1

ANTIOXIDANTS

Hard running triggers a cascade of 'reactive oxygen species' that cause oxidative damage to your cells. Antioxidants can partially neutralise this damage – some studies have found that dosing up on vitamin C in the weeks before and after a marathon can boost your immune system. But reactive oxygen species also play a key role in repair and adaptation after exercise, and some studies have found that prolonged antioxidant use can delay muscle recovery and interfere with fitness gains. So it may be best to limit antioxidant supplements to a few weeks at a time, during periods of heavy training or racing.

2

JOGGING

Let's clear this up to start with – lactic acid doesn't cause

muscle soreness. Cooling down after a workout will boost your mileage, but it won't undo the damage to your muscles or protect them from lactate. A recent Norwegian study found that a 20-minute warm-up was more effective than a 20-minute cool-down for reducing next-day soreness. The message: when it comes to muscle damage, prevention is better than cure.

3

ICE BATHS

Every few months, a new study finds that ice baths do or don't work. In 2012, researchers from the English Institute of Sport combined the results of 14 of the best studies to get a clearer picture. The measurements of muscle damage and strength recovery were inconsistent, but ice baths did make athletes feel better. One explanation for the results is that everyone has different ice-bath recipes and methods. The evidence

suggests that contrast baths, alternating hot and cold every minute or two, aren't as effective as sustained cold baths. Shona Halson, the head of performance recovery at the Australian Institute of Sport, suggests 10 mins at below 16°C as a sufficiently long and cold dose.

4

MASSAGE

If massage wasn't helpful, would you really want to know? Thankfully, the news is good. To get around the placebo problem, researchers at Ohio State University, US, placed rabbits in a machine that administered 'massage-like compressive loading'. They found massage reduced swelling and accelerated the return of strength after strenuous bunny exercise – and this effect was greatest if the massage was given soon after the exercise, rather than a few days later. Human studies using muscle biopsies have found that massage reduces



inflammatory markers in the muscle, possibly in response to internal sensors that detect when cells are being physically prodded. So you can book your next massage secure in the knowledge that it's a genuine training aid.

5

CRYOSAUNA

If icy water is good, then swirling nitrogen

vapour at -130C must be even better, right? The idea is that your blood vessels constrict in response to the cold, combating inflammation and muscle pain. From the few studies that have tested cryosaunas, it's clear that the blast of cold certainly provokes a physiological response from your body. Whether this response is any better than an ice bath (or even better than

nothing, for that matter) remains to be proven.

6

COMPRESSION

So far there's little evidence that wearing compression gear while you run will make you faster, but the case for accelerated recovery is more encouraging, with evidence suggesting that compression really does

reduce next-day soreness and accelerate strength recovery. The key is to start the compression as soon as possible after exercise. Get the socks on as soon as you get out of the shower and keep them on for an hour or so.

7

EVEN MORE RECOVERY AIDS

The list of recovery gear and products on

the market is long and many of them seem to make sense, even if they do not have the stamp of independent testing. Beware the magical remedies and quick fixes, but be open to new ideas, and experiment to find what works for you. But remember that no recovery aid yet invented is capable of substituting for the original – and best – post-workout recovery technique: rest. 



TUNNEL

VISION



Once in a rare while, everything comes together for a runner. By understanding those moments of bliss, says **Philip Latter**, we can improve our performance, get more enjoyment from every run and maybe even live a happier life

In the moment, there was only speed, lightness and this repeating thought: 'Stick with the guy in purple!' Everything else – the small crowd, the digits showing my increasingly risky splits, the song playing on a 15-second loop in my head – it all just served as a sort of pleasant background to whatever was occurring deep in my mind and body. I locked in on the back of Purple's T-shirt and kicked on.

For once the usual negative feedback loop of 'How much further? How much longer must I suffer?' had been replaced with, 'I wonder what I can do today. How fast can I run?' Time seemed to mean nothing. I was fatigued, but my self-confidence refused to waver. With 500m to go I surged past Purple.

As we approached the finish line, he powered back past me. So did another runner. But it didn't matter. I crossed the line, looked down at my watch – and then I absolutely lost it. I screamed. I danced. I slapped hands with strangers, as well as with runners I knew. I'd run a personal best by 24 seconds. The dream was real.

Eleven years later, that 3000m race remains my most vivid running memory and, if I'm being completely honest, perhaps the happiest moment of my life. What overwhelmed me was how enjoyable the whole thing had been, from the start all the way across the line. Never before had I felt more in control of my body, as if I could respond with ease to any challenge the race presented.

It also left me with questions: why had my fastest race felt the easiest? Why had the positive splits and the competitive edge – the very things that usually caused me anxiety and self-doubt – instead propelled me onward?

As I cooled down after that magical race, I felt somehow different. I had finally experienced what positive psychologist Mihaly Csikszentmihalyi calls 'flow' and what is more commonly described by athletes as 'being in the zone'. Everything came together when it mattered most and it all felt indescribably good. Best of all, I have since learned that it didn't have to be a one-off experience. Finding flow offers a chance not only for optimal experiences, but also a way to train better, race smarter and even live a more fulfilling life.



ITS OWN REWARD

People are happiest when they perform activities that require skill and concentration. This may come as a surprise, given our cultural attitudes towards difficult work (negative, in general) and passive leisure (very positive, for the most part), but decades of research have shown that people report better moods and feelings when confronted with challenging tasks that have clear objectives. Observing this, Hungarian-born Csikszentmihalyi developed the idea of flow in the 1960s and 1970s, after questioning the theory that children played only to mimic adult behavior. His research found play to be fulfilling in its own right.

And not just for children. Rock climbers, chess players, gardeners, musicians, artists and runners all spend hours each week intently focused on tasks that emphasise the process over the product. Csikszentmihalyi defined these activities as autotelic, those in which the activity itself is the reward.

‘Basically, sport is not for anything other than the experience,’ he says from his office at Claremont Graduate University, US, where, aged 79, he continues to research the concept of flow. ‘And that’s why sport, like art, can seriously focus on providing experiences that are enjoyable by themselves, because participants don’t have to care what the product is.’ For all the miles and tempo sessions, the dead-legged days and races that go wrong, the simple truth is that running is an inherently enjoyable activity that is done for its own sake.

When you become deeply involved in autotelic activities, to the point that your mind no longer wanders, Csikszentmihalyi has found that you enter that mental state known as flow.

In flow, your concentration locks onto the task at hand. You feel invincible, confident that your well-honed abilities will meet any challenge you encounter, while the energy you expend feels effortless. You become egoless as your awareness and movements merge. Time speeds up. This is a peak moment, the essence of being alive. Not surprisingly, many of the best outcomes in sport and other areas of life come from people in flow.

Csikszentmihalyi believes running serves as an excellent gateway to experiencing flow. ‘It’s probably one of the oldest activities that humans enjoy,’ he says. ‘You can begin to lose yourself in the movements and the breathing, and even the passage of the landscape around you until it becomes something that is almost a part of you. You are, in a sense, creating a harmonious interaction

**FLOW
DEPENDS
ON HOW
YOU
DEFINE
YOUR
GOALS**



between your body and its environment. And that can be very enjoyable.’

Note the use of the word ‘enjoyable’ and not ‘entertaining’ or ‘pleasurable.’ Passive activities such as watching television or twiddling with a smartphone turn the mind off by bombarding it with a stream of unimportant information. And sensual pleasures, such as eating ice cream, occur automatically, requiring no focus or skill. However, flow activities such as running engage and challenge your body and mind. In fact, it is this challenge that makes running so enjoyable.

FINDING THE CHALLENGE-SKILLS BALANCE

I entered the race in which I flowed to a PB after the best winter of training of my life. When I went through the first kilometre at a pace putting me on course to run 41 seconds faster than my PB, I didn’t panic. Instead, I realised that a winter’s worth of long tempos and high mileage had given me the strength to run so fast so comfortably.

Flow only occurs when the skills you believe you possess are matched by the challenge you’re facing. Csikszentmihalyi calls this the challenge-skills balance. Too small a challenge and you’ll probably feel bored; but if the challenge is too great, there’s a good chance you’ll be anxious and intimidated. In either instance, you can’t focus enough to perform at your best. Csikszentmihalyi believes races are often an ideal way to experience flow because of the clearly defined challenges they present. ‘In competition, what you’re seeking is the limit of your skill, your strength and your speed,’ he



IN THE ZONE
In a flow state, time seems to speed up

says. 'If you try to do that alone, you don't really know what's a good run. You don't have information about the limits of what's possible.'

However, you can't test those limits unless you've put in the time to develop your skills to a high degree. Bringing little or no skill to a task results either in apathy or feeling overwhelmed, reactions many – if not most – non-runners have to the sport. And to reach the level of skill that allows you to feel confident racing over long distances may take years of focused training.

The years of work are also what make the flow experience more rewarding when things come together. And experiencing flow, in turn, increases your motivation to train, because the experience is so enjoyable. 'When people are in flow, they tend to perform their best and enjoy what they're doing,' says Susan Jackson, who co-wrote *Flow in Sports* (£12.34, Human Kinetics) with Csikszentmihalyi. In this way, flow provides an almost limitless source of motivation to train to the best of your abilities.

CLEAR GOALS AND UNAMBIGUOUS FEEDBACK

My motivation for that marvellous race stemmed largely from a memorably disastrous finish to my previous cross-country season. Sticking with the guy in purple, I believed, would repair my damaged self-esteem. I had a time goal in mind, but it became secondary to sticking with my rival. As a result, I ran faster than I ever imagined possible.

'Part of being in flow is having clear goals and getting unambiguous feedback,' says Jackson. 'Sport has many factors that help set up the right sort of environment for flow. You have a set of clearly defined challenges. You know what you're expected to do. You know what the performance involves and you can measure it.'

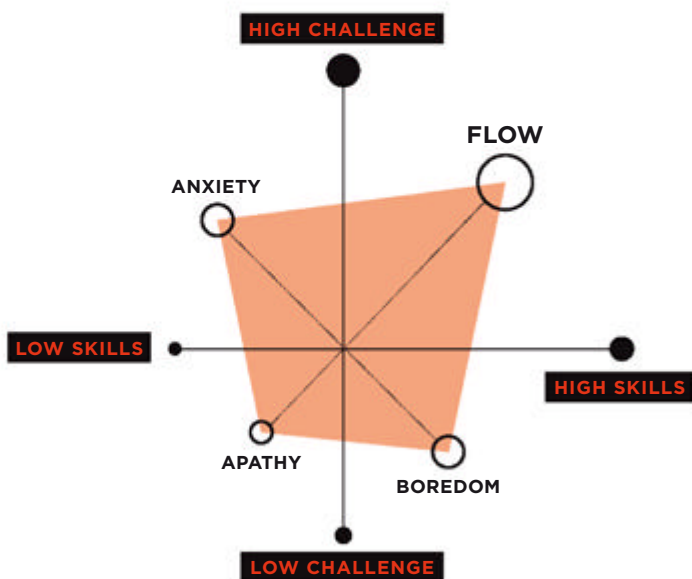
Your goals can be short-term and long-term, even in the same event. A rock climber may set the ultimate goal of reaching the top of a 100m rock face, but if he or she doesn't focus on finding the next handhold, that goal is likely to remain tantalisingly out of reach. In the same way, you may want to break 40 minutes in a 10K, but unless you pay attention to those mile splits, success is unlikely. What's more, these more immediate goals help produce the moment-by-moment awareness that is critical to keeping your mind and body focused.

Experiencing flow depends on how you define your goals and what feedback you tune into. For competitive runners, time goals offer the opportunity for frequent assessment and they can be practised during training. Aiming for a tangible time goal (for example, breaking 40 minutes in that 10K) is often more valuable than aiming for a placing (say, top 200 overall) because you can better control that outcome. In some instances, if you're running against a known rival, for example, your relative position is a concrete and motivational goal. And in a race the features variable conditions, such as a trail event on rough terrain, a level of effort might be the most accurate and appropriate goal.

You also need to monitor the feedback you're receiving while being challenged. This doesn't need

THE FLOW MATRIX

At the heart of flow is the challenge-skills balance. Flow occurs when high challenge is met by high skills. This graph illustrates the emotions that result from other combinations of challenge and skills. Understanding this can help in training, improving motivation and achieving race goals.



CULTIVATING FLOW

Flow is not something that can be forced into existence. Achieving the state is a skill that requires constant refinement and even then there's no guarantee it'll happen. Fortunately, certain actions increase its likelihood. These mirror many of the keys to being a successful runner, making them doubly advantageous.

1 PUT YOURSELF IN CHALLENGING SITUATIONS

If you never test the limits of your skills, you'll rarely have to fully engage your mind. Challenges always come with risks, but this only increases the reward when you meet them. If you do come up short, use it as motivation to keep working hard to develop greater skill levels.

2 AVOID PASSIVE ACTIVITIES

If you want to experience flow more regularly, you need to stay away from mindless activities, like surfing TV channels or the internet. 'I have to consciously create time, space and activities that are going to produce flow,' says Himelein. 'If I don't, it's not going to happen. It has to be more intentional.'

3 SET CLEAR GOALS AND RESPOND TO FEEDBACK

Knowing what you hope to accomplish in a run, a race or an entire year of running is critical to finding flow. Goals serve as checkpoints, helping you determine if you're getting the best out of yourself at a particular moment.

4 PRACTISE MINDFULNESS AND THOUGHT CONTROL

'You can't be thinking about something else and get the best out of your body,' says Jackson. Don't distract yourself when you're running. If your thoughts wander towards self-doubt when you're training hard, shift them towards meeting the challenge of the moment. This prepares you to stay focused when it matters most.



WERE YOU IN FLOW?

People who report flow experiences often marvel at the unique sensations that accompany them. 'It gave one a feeling of almost supernatural ability,' elite runner and Roger Bannister pacer Chris Chataway said of a flow experience he had at the 1950 London-Brighton road relay. 'I never had that before or since. I always think it's the nearest I came to being one of the gods.' Csikszentmihalyi has identified four sensations that are common to the flow experience:

to be all positive, says Jackson, but it does have to push you closer to achieving your goals. Feedback can take the form of internal signals from your body, such as breathing, form and fatigue; and external cues from those around you and from the clock.

FINDING THE FLOW IN NON-COMPETITIVE SITUATIONS

The thrill of racing against Purple may have put me in a perfect situation to experience flow, but for others, competition is more likely to lead to paralysis. 'Racing, for lots of people, is actually an anti-flow experience,' says Professor Melissa Himelein, who teaches positive psychology and is a former elite runner. 'It's too much effort, too much anxiety. When I raced cross-country, I was always in the top five, so there was a lot of pressure to do well.'

Because you can define a challenge however you wish, opportunities for flow can be found on any type of run. Nailing a fast interval session or traversing a difficult mountain trail for the first time are challenges that are likely to engage you. Himelein often finds herself in flow during trail runs in a forest, but not because of their tranquility. 'I have sprained my ankles countless times on trails,' she says. 'That gives me something to focus on. I get very in-the-moment and become very present-oriented. That's never come naturally to me. So I tell people, "Running – that's how I do it."'

You need not confine your search for flow moments to your running, either. Flow experiences have been reported by factory workers on assembly lines and

impoverished farmers. In fact, flow can occur in almost any setting in which people devote their full attention to their tasks and find ways to make their work challenging. The chances are you encounter small flow moments all the time – when working on a complex problem at the office, for example, or cooking a challenging dish in the kitchen. In fact, seeking out these types of smaller flow moments can be one of the keys to finding lasting happiness in life.

'There is evidence that for the quality of your life, it's better to have a lot of smaller flow experiences than to have a few large ones,' says Csikszentmihalyi.

'If you achieve flow only very occasionally, in special conditions, you spend the rest of your life wondering, "Why can't I achieve this more often?"'

Ever since the day of that race, I've done my best to answer that last question. I have tried to embrace the challenges that running, writing and coaching continue to offer me. And I've experienced flow – on a snowy trail run in the mountains, for example, or when writing fiction for six hours straight. And delivering my daughter in the front seat of a Volkswagen on the side of a motorway is, I can assure you,

the very definition of a flow moment.

However, as I get older I find myself reflecting on my best race more and more. The memory is at once motivating and humbling, a reminder that I once found myself in a perfect situation and seized it like never before. 'Those moments, what we can call peak experiences or intense flow moments, are wonderful examples of living life to its fullest,' says Jackson. 'They are wonderful motivators showing us what we can do and be in life.'

FLOW
CAN
OCCUR IN
ALMOST
ANY
SETTING

SEE THE LIGHT
You can find flow
almost anywhere



ACTION AND AWARENESS MERGE

When you're totally absorbed in a task, you often have the sensation of your body and mind working together seamlessly. This autopilot setting makes running feel almost effortless because your body is so in tune with your mind, and vice versa.



SENSE OF CONTROL

It can be mistaken for cockiness by outsiders, but athletes who've experienced a flow state often say they felt invincible and as if they could do no wrong. This self-belief helps direct mental and physical energies in the same direction.



LOSS OF SELF-CONSCIOUSNESS

In a flow state all your mental energy is directed towards peak performance, which means you stop thinking about how others perceive you. This removes the ego from the equation and allows you to perform as well as you believe you can.



TRANSFORMATION OF TIME

Generally, when you're in a flow state, time seems to pass quickly. Total absorption in a task leaves no room for thinking about how much time is left. This leads to a positively distorted memory of how long it took to complete an event.



**‘EACH DISTANCE
– AND EACH
LITERARY FORM
– IS ITS OWN THING’**

Write to **run**

For the author **JAMIE QUATRO**, running is a recurring theme in her **FICTION** and an essential aspect of her creative process. Here she talks about how the sport has inspired her and helped her through **DARK** times. ➤



When good literature about running comes along, we tend to take notice, because it doesn't appear too often. Jamie Quatro's collection of short stories *I Want to Show You More* (£10.58, Grove Press) has wowed the likes of *The New York Times*, in which one literary critic wrote: 'There's so much in these stories that's shocking. Yet there's so much solace.'

Quatro's work examines the darkest aspects of human nature, but it also offers rare instances of redemption that feel hard-won and authentic. And in the many passages about running, our sport is both transcendent and terrifying.

Michael Heald caught up with Quatro at the end of her morning writing session at a coffee shop, ready to join her for a run and to talk about what running means to her creativity and her life.



DEEP THOUGHT
Jamie at work in a local coffee shop

Jamie Quatro's best-known story, *Ladies and Gentlemen of the Pavement*, is a twisted tale about a futuristic marathon in which the already sadistic elements of running 26.2 are made unforgettable (the runners must carry statues – the majority are grotesque, a select few are beautiful). She says this dark tale was born out of the frustration of getting a stress fracture while training for her first marathon.

'It was my first stress fracture and it was in my femur,' she says as we run on Lookout Mountain, near where she lives in Georgia, US. 'I ran the half option and after a second stress fracture I decided I'd have to let the marathon dream die. So if you want to go there, there's a literal and personal interpretation of the ending of *Ladies and Gentlemen*: Jamie, if you push to 26.2, you will die. Your femur will snap. And yet I knew it was ridiculous to think I couldn't be a real runner unless I had done a marathon.'

'When people say the short story is practice for the novel,' she adds, 'or you're not a great writer unless you've written a novel, I think: That's like saying the half marathon is practice for the marathon, or you're not a great runner unless you've done a marathon. Each distance – and each literary form – is its own thing, with its own challenges and heartbreaks.'

JAMIE QUATRO

Born Arizona, US

Age 43

Lives Lookout Mountain, Georgia, US, with her husband and four children

Awards

Quatro won the American Short Fiction Story Contest in 2011, and her debut collection, *Let Me Show You More*, was a *New York Times* Editors' Choice and was longlisted for the Frank O'Connor International Short Story Award.

A RUNNER'S NIGHT

*Excerpt from *Ladies and Gentlemen of the Pavement*, by **Jamie Quatro**



'You hear a lot about the so-called runner's high. Before I was a runner, I figured if there was such a thing, it would hit you like an injection. You'd be jogging along and zing – a sudden leap into euphoria, the overwhelming desire to jump for joy and shout hallelujah. But it's not like that. It's a gradual transition into a state of mental clarity. You

don't realise it's happening until you're there. For me it begins around mile eight. The smallest details become sharp. My senses open up and I can take everything in – telephone wires silhouetted against blue sky, layered bark on the trunk of a tree. The chuk-chuk-chuk of a woodpecker.

By mile ten I no longer feel my feet touching the ground.

It's as if my mind has entered its own physical space, apart from my body, as if my body is dead but in no pain – never any pain, these middle miles. Because my body is gone, or more accurately, is on autopilot, my mind is free to roam. This separation of mind from flesh, spirit from matter, is what keeps me coming back for more.'

'RUNNING WAS THE THING THAT SAVED ME AFTER THE BIRTH OF MY FOURTH CHILD'

Quatro has strong feelings about what running should and should not be. 'Running isn't about what distances you've raced, or even if you've done a race. So there might be a bit of that type of thinking in *Ladies and Gentlemen*, thumbing my nose to folks who say you have to run a marathon or write a novel to be legit. Not enough of us are talking about what a holistic sport it is, or should be. It's about staying fit and pushing yourself to achieve and surpass goals, sure; but it's also about personal and spiritual growth, creativity, mental clarity, and emotional stability. I find these things in running. Even if I can only do a couple of miles at a 10-minute pace.'

Running is a big part of Quatro's creative process. Before the advent of smartphones, she used to stop on her long runs when struck by inspiration, pick up a stick and scratch a word or two into her arm to remind her what to do with a story when she got back home.

'That's where running is so unique,' she says. When she thinks she's finished work for the day, or just needs a break, she'll put on her shoes and within a mile or two be totally absorbed, relaxing into her run, when she'll realise that what she's actually doing is working things out, thinking back over what she wrote that morning.

'Most of my best ideas come when I'm away from the computer,' she says. 'That kind of reflection just isn't possible online. But it's amazing the things that can happen on a run. Especially when I go straight from writing to running, all these solutions will occur to me.'

THE HEALING RUN

As we reach the plateau on top of Lookout Mountain and the cliffs give way to rolling green fields, Quatro moves on to how running has done much more than help her writing. 'It was the thing that saved me after my fourth child was born,' she says. 'We had four kids in five years, all by the time I was 30, and I had postnatal depression after number four. The doctor told me I could treat it with Lexapro [an antidepressant drug] or vigorous exercise. Easy choice.'

That idea of running as emotional elixir is a theme that crops up in her writing. In the story *Sinkhole*, for example, the protagonist is a 15-year-old running prodigy who is battling panic attacks. When he sets out on the trails, he looks for escape through some kind of transcendent runner's high:

'These early minutes are the grey space, the bland miles I have to run through before the prickling starts and the God

rhythms pulse in my heart and I have to trick myself into not listening.

My therapist says when this happens, it's the first hit of endorphins. It's not God, it's biology, he says.

My therapist is not a runner.'

Running brings myriad different things to different people and as individuals our relationship with the sport is always evolving. As we glide along a quiet road Quatro warns me that after hurtingting herself a couple of times on the uneven terrain, she has taken to walking some of the steeper downhills. 'The injuries have really forced me to reevaluate,' she says. 'The first time I ran after the stress fracture – and it was only for a mile or so – I almost wept with joy.'

She finishes with a small confession: 'Actually, I used to dream of writing for *Runner's World*. I'd look at the Rave Run, at the picture of some picturesque place, and think, "But mine are so much better." Many years ago, when we were living in Iowa and I was in the midst of having all these children, I might have even sent in an essay to the magazine. It was about this bizarre stop sign in the middle of a cornfield.'

'Did you ever hear back?' I ask.

She smiles at me. 'Well, you're here now, aren't you?' ■

Nutrition and hydration strategies play a big part in running performance. But don't fall for the fads... follow these five golden rules to hit your peak

FUEL RULES

We runners like following the rules. We do as our training schedules dictate, hoping to add precious speed and shave precious seconds. We replace our shoes every 500 miles, hoping to avoid injury. But in a sport that attracts its share of control freaks (or does it just send us that way?), we often fail to control one of the most important factors in determining our performance – what we put in our mouths.

Proper nutrition and hydration are critical components of better running. However, many of us are still either playing the fuelling game by an antiquated rulebook – one that prescribes little more than giant plates of pasta and gallons of neon-hued sports drinks – or chasing after the latest fads, such as eliminating gluten. And while many of these strategies may have their place in the runner's diet, there's a lot more to consider than carbohydrates, electrolytes and superfoods when it comes to fuelling the successful endurance athlete.

'Runners often don't pay attention to the quality and nutrient density of their food – they're lean, so they think they can eat whatever they want,' says Jay Sutcliffe, associate clinical professor of health sciences at Northern Arizona University, US, and nutrition advisor to the university's running teams.

When it comes down to it, top distance runners don't fall for the fads; they get the basics right, eating whole, quality foods, including grains, fruits, vegetables and lean protein. From these they get all those micronutrients that speed recovery and replenish your energy stores, allowing the body to adapt to training and, ultimately, perform better.

In the spirit of keeping things simple, we've scoured the research and quizzed the experts to narrow your nutritional strategy down to five basic commandments that will give your body what it needs to run better.





EAT CARBS, BUT CHOOSE THEM WITH CARE

While the scientists carry on trying to work out whether endurance athletes can teach their bodies to oxidise more fat as fuel, the truth remains that carbohydrates, stored as glycogen, are the best and most readily available form of energy for muscle strength and endurance – and runners need carbohydrates to perform and recover.

How much of your diet to devote to carbohydrates depends on you, and where you are in your training cycle. For somebody who is in a low- or moderate-mileage phase, nutritionists prescribe three grams per kilogram of body weight. As your training volume increases, increase that to five or six grams per kilogram of body weight per day.

The trick, though, is to choose the form of those carbohydrates well. Carbs have had a bad press over the years because most people associated them with white breads, pasta and refined grains – many of which also contain refined sugars and/or saturated fat. But fruits and vegetables, as well as wholegrains, also count as carbs, and those are the kind runners should gravitate toward.

‘You can pick a piece of fruit or you can pick a box of crackers,’ says Stephanie Howe, an elite ultra runner who is also working on her doctorate in nutrition and sports science. ‘The carb content may look the same, but the apple is also going to give you essential vitamins and minerals.’



As for pre-race carb-loading, it really only helps for those who are running marathons or ultra distances, and even then it doesn't mean you should inhale a giant plate of penne 12 hours before the race. Instead, nutritionists advise increasing intake beginning three or four days before the race by adding a few more carbohydrates to each meal.

'Most people already have enough glycogen storage for 20 miles of running,' says elite trail runner Alicia Shay, nutrition advisor at the Hypo2 High Performance Sport Center. 'If you eat a huge load of pasta the night before the race, it can lead to gastric distress, and it's not going to be readily available. Just add small amounts of carbs throughout the day so you can digest it.'

When it's race time, switch to a different kind of carb to sidestep the dreaded 'wall'. Trent Stellingwerff, innovation and research physiology lead at the Canadian Sport Institute, advises feeding the body easily digested carbohydrates such as gels and sports drinks during racing or prolonged exercise. 'Simple sugars like sucrose and fructose are the way to go,' he says.

And how about the increasingly popular tactic of 'fasted training' (deliberately running with depleted carb stores to force your body to adapt and burn more fat as fuel)? The scientific jury is still out, but many experts don't recommend it except as a last resort in the training arsenal – most runners could see performance improvement by adding other simple stresses for the body to adapt to, like increasing mileage, instead of toying with fuel depletion.

If you do decide to give depletion a try, Kyle Pfaffenbach, nutrition consultant for the professional Brooks Beasts team, emphasises what many of the experts say: there is a safe time to do this in the training cycle – and it is early. Depletion runs take a toll that athletes can't recover from fast enough during high-intensity periods or close to race day.

Bottom line

Runners need carbohydrates, but should be careful in choosing the healthiest versions and not overdoing their intake. Science does not yet fully support the notion that most runners will benefit from depletion runs, but those who try them should pick a safe time in the training cycle to allow proper recovery.



THE RECOVERY WINDOW IS REAL

Coaches and sports nutritionists have been harping on about it for years, but does the 30- to 90-minute eating window to maximise recovery genuinely exist? Well, it does if you want your body to quickly absorb and use nutrients to repair muscles and replenish your fuel stores. Nutritionists are still pushing a 3-4g:1g carb-to-protein ratio when possible, but say that it's really only needed after prolonged or intense efforts. In research on recovery nutrition that Howe is currently conducting, she's finding that the ratio – consumed to the tune of about 250kcal – will help replenish what a runner has lost, but it may not be as important as merely eating *something*. And while many recovery food fads come and go, nobody has yet found a mystical perfect source of recovery fuel. 'Usually your appetite is suppressed after a race or a training session, so I say that anything you can get down is good, whether it's a sports drink, a bar or a peanut butter sandwich,' says Howe. 'There's no magic superfood out there. There are a variety of foods that will get you the nutrients you need.'

Pfaffenbach encourages the Brooks Beast team to try to get post-workout fuel from liquid sources, so that it is quickly absorbed into their systems. He also downplays the current hype about chocolate milk, pointing out that it contains fat that will slow the absorption process.

'There's no lack of products out there that have everything you need in a recovery drink,' Pfaffenbach says. 'I recommend checking the ingredients lists for additives – or making your own with organic options, like smoothies with fruits high in simple sugars; carbs; and add some whey protein.' He advises measuring out a post-run recovery smoothie that has 8-10g of whey protein and 32-40g of carbohydrate.

Bottom line

After hard training and racing efforts, jump-start the recovery process by eating or drinking 200-300kcal of 3-4g:1g of carb to protein, up to 90 minutes post-exercise. Choose whole foods when possible.

EAT REAL FOOD

Although the sports nutrition experts don't agree on everything, there's one piece of diet advice they prescribe time and again: eat more fruit and vegetables, every single day.

'We spend a lot of time talking about ratios – runners have basic needs for calories and fluids, but how you get those calories makes a huge difference,' says Sutcliffe. 'Typically, we see a lack of micronutrients in the diet that provide the vitamins, minerals, antioxidants and coenzymes to help build the mitochondria.'

We need to feed those mitochondria because they are the little cellular powerhouses that generate energy to be used by the muscles, nerves and heart. So where do those micronutrients come from? Think green – foods like kale and spinach, which are the most nutrient-dense foods and are full of what endurance athletes need: vitamins K, A and C, magnesium (helps reduce muscle cramps) and flavonoid antioxidants (anti-inflammatory).

'The best-performing runners' diets include fresh, unprocessed food, quality protein and lots of fruits and veggies,' says Sutcliffe. 'It's so simple and so overlooked by many runners – I am a big believer that the food you're eating for every meal and snack is critical to adapting to training stress.'

Shay subscribes to food author Michael Pollan's mantra: 'Eat food. Mostly plants. Not too much.' Athletes at the highest levels have well-balanced diets that aren't extreme one way or the other, she says.

Bottom line

Fuel performance by focusing on quality foods, including lean protein (fish, eggs, poultry), wholegrains (brown rice, barley, quinoa, whole oats), legumes (beans, lentils), fruits, vegetables and healthy fats (nuts, avocados, seeds, oily fish).



ELITE EATS

How do Olympians fuel their fire? Not with a bioengineered menu – it comes down to good, balanced nutrition

Deena Kastor
*Olympic marathon
bronze medalist*

Overall diet

'When people ask me what they should do, I tell them to eat more vegetables.'

Pre-race dinner

Pesto pasta, with salmon.

Race fuel

Cytomax pomegranate berry flavour. Weaker the first 5km, and more concentrated in the final stretches.

Post-run snack

An apple and some roasted nuts.

Ryan Hall

*Two-time Olympic
marathoner*

Overall diet

'I eat food high in iron and include lots of healthy fats, like coconut oil and avocados, to support healthy hormone levels. I take in higher healthy carbs and moderate fat and protein.'

Pre-race dinner

400kcal of brown rice or pasta with 1 tablespoon of olive oil; a shake with two scoops of protein powder.

Eaten once at 6pm, then again at 8pm.

Race-day fuelling
Breakfast 600ml

of water, 200kcal of Cytocarb mixed with two scoops of protein powder in 240ml of water; 1 tablespoon of almond butter; black coffee.

Race fuel

240ml of Cytomax every 5km; gels mixed with 240ml of water at 10km, 20km and 30km.

Post-workout snack

'Sweet potatoes after good ones – doughnuts after bad ones.'

Shalane Flanagan

*Olympic 10,000m
bronze medalist,
Olympic
marathoner*

Overall diet

Nutrient-dense, minimally processed foods.

'As a female, I also emphasise consuming iron-rich foods.'

Pre-race dinner

Usually consists of a wholegrain or a potato; fish, steak or chicken; and vegetables.

Race day fuelling

Porridge with banana, raisins, honey and nuts.'

Race-fuel

120ml of Gatorade every 5km.

Post-run snack

Fruit and nut bar, electrolyte drink.

The sports industry has done a great job of convincing us that we need electrolytes to perform better. And we do – just not as much as we think. 'There's a lot of marketing going into the importance of electrolytes, and it's sometimes overstated,' says Pfaffenbach.

The biggest concern about the loss of electrolytes – sodium, potassium, magnesium and calcium – comes when you're training or racing for two to three hours or more. When running for that long and losing electrolytes through sweat, there is certainly a need to replace them with gels or sports drinks. Nutritionists recommend 0.5-0.7g of sodium per litre of fluids.

'It's almost the same as your thirst mechanism. Your body tells you when it's thirsty,' says Shay. 'If you're craving salt, you need it – but don't take it blindly.'

As for hydration, the advice is still pretty basic. In terms of post-run rehydration, Stellingwerff suggests conducting the old sweat test to work out how much fluid you're losing. One litre of sweat equals one kilogram of body-weight loss. If you don't drink anything, then exercise for one hour and lose a kilogram, your sweat rate is a litre per hour. And how much should you drink during a race? Even simpler: drink when you feel you need to.

Bottom line

Electrolyte replacement is most important for long efforts and/or particularly warm weather. However, don't take in electrolytes blindly – keep tabs on how much you're ingesting.



TAKE IT EASY WITH THE ELECTROLYTES

5

ELIMINATION DIETS WON'T IMPROVE YOUR PERFORMANCE

Spend an afternoon reading a variety of runners' blogs out there and you'll find that the 'secret' to success is obviously eliminating wheat, barley, rye, grains, legumes, dairy, salt, oils... the list goes on. More commonly known by labels such as 'gluten-free' and 'Paleo' diets; their advocates say that ridding themselves of one food group or another has propelled them to running greatness.

'It's a huge pet peeve of mine,' says Shay. 'People read this stuff, replicate it and think it's somehow scientifically proven to help them run better. But it's not rooted in evidence.'

With the exception of coeliac disease and diagnosed food allergies, there's little science backing claims that cutting gluten or following a diet that prescribes an overabundance of fat and protein will help performance – in fact, because science has proven that endurance athletes need carbs, overdoing the fat and protein just may hinder it.

One potential upside is that these diets may force a runner to cut down on foods such as biscuits and crisps, says Howe. 'For those who don't have coeliac disease or allergies and still claim to feel better after eliminating gluten, it's probably because they're eating better, whole, unprocessed food,' she says. 

Bottom line

Science doesn't support the claim that eliminating food groups can boost running performance, unless a runner has diagnosed allergies.



RUNNING'S GREEN SHOOTS

Running seems eco-friendly, but the truth is more complicated: the shoes and gear we wear come at a significant environmental cost, as do the races we run. But changes are afoot – here are some of the ways you can be a greener runner





Many runners think of our sport as simple and nature-friendly. We don't need special equipment and we can run almost anywhere. But we do need kit and shoes, and those shoes are often made from materials that could take up to 1,000 years to degrade. The technology has cushioned our metatarsals and given us shock absorption, propulsion and stability, but such features come at a price.

The average running shoe is formed from petrochemical components that don't want to stick together, and making them do so requires processes that have a serious impact on the environment. How were the components transported to the factory? How were they then put together? Then how did they get to you? The list of questions goes on.

Learning about the green credentials of the running industry can be a tricky business, simply because many brands are reluctant to answer questions about how they do what they do. Marrying environmentally friendly production processes with the realities of business remains a significant challenge, it seems. But the news is not all bad – the wheels of progress are definitely turning. If you know where to look, it's possible to kit yourself out in earth-friendly fabrics, buy shoes that pay more than lip service to the notion of sustainability and find races where you won't leave a hefty carbon footprint.

FOOT WORK

A recent RW survey¹ found over half of us buy a new pair of running shoes every six months, while almost a third do so every three to six months. Given that the average midsole (the bit that provides the cushioning) takes many hundreds of years to break down in landfill, that's quite an impact over the average running career – so how can we minimise it?

When it comes to shoes, one green move you can make is avoiding leather. A 2008 study at the University of California found producing a kilo of leather created 10 times the amount of greenhouse gas as synthetic or natural alternatives. In the absence of hemp or wool trainers, that means choosing synthetic. Fortunately, many brands offer running shoes made from synthetic materials, including major players such as New Balance, Saucony and Merrell.

But according to the World Wildlife Fund the production of the rubber soles found in most trainers creates more waste than the volume of rubber produced, including harmful volatile organic compounds (VOCs, chemicals that can harm health or the environment). However, rubber is key to running shoes and greener versions have to be hunted down.

In 2008, Brooks introduced its BioMogo midsole, the only biodegradable material on the market, and it's now standard in all but one of the company's running shoes. 'Our BioMogo midsole is made by putting an additive into the EVA [ethylene-vinyl acetate] that means it breaks down 30 per cent faster in landfill conditions [but not on your feet or in the box]' says Brooks footwear merchandiser Mark Warmby.

Interestingly, Warmby says that Brooks chose not to patent the additive used in BioMogo, so it could be used by other sportswear companies. But none has.

So a fully environmentally friendly shoe could be a while off. RW contacted the major footwear companies for this feature, but few wanted to comment.

'Green manufacture and production are always a challenge in footwear,' says Anne Klein, vice president of administration and sustainability for Newton Running. 'Our whole design is always focused on 'de-weighting' the shoe – the more it weighs, the more materials and resources it uses. We believe we'll have a more positive impact on the environment if we reduce waste and materials across our whole range rather than make one eco shoe.

We do this by using the HIGG Index [a self-assessment tool launched in 2012 by the Sustainable Apparel Coalition, www.apparelcoalition.org] that reveals the impact of your products. It looks at the upper, the midsole, the outer unit and the types of materials used, then gives you a score, as well as suggestions for how you could improve it – such as using materials that require less water or produce less waste in the production.'

FABRIC CONDITION

'There are about 600,000 tonnes of nylon fishing nets around the world, left discarded at ports or floating in the sea, where they can entangle and kill fish and animals,' says Gordon Fraser, owner of eco brand Teko (tekoforlife.co.uk). 'So we turn them into socks.' The nets are collected, cleaned and reprocessed into a yarn that is used to make a fabric the brand calls Evapor8 Ultralight. It's durable and fast-drying, but light and

breathable, with all the usual features you'd expect in a performance running sock.

If you want to wear a natural material but with the features of a technical fabric, try bamboo. It has the look of cotton, but the soft feel and breathability of merino. It's the green choice because it's incredibly

sustainable,' says David Gordon, founder of bamboo clothing company BAM (bambooclothing.co.uk). 'As a crop, bamboo doesn't need pesticides or fertilisers, it has no requirements for water other than rain, it grows where other things won't, it's cut like grass so doesn't need replanting and can be harvested year after year. And its yield per acre is 10 times more than cotton.'

A pole vault masters champion, Gordon knows a thing or two about performance clothing and what athletes need. 'Bamboo is naturally wicking and antibacterial, so it doesn't need chemical treatments,' he says. 'We add four per cent elastane for a better shape and fit, but nothing else. Temperature regulation is great and chafing is non-existent.' The BAM range includes underwear, base layers, leggings, shorts, tops and socks.

Meanwhile, Nike has developed Flyknit technology, which has led to the design of innovative running shoes that feature a one-piece knitted upper with a sock-



ECO MANIA (clockwise from top)
The Tribesports factory, fishing nets used to make Teko socks; the Newton Fate; and a Patagonia organic cotton field

'BAMBOO DOES NOT NEED PESTICIDES'



like fit. 'It reduces weight and waste by eliminating multiple materials in the upper and cuts from traditional material construction,' says Hannah Jones, Nike Innovation Accelerator and Chief Sustainability Officer.

Some of Nike's apparel range – such as the Miler Women's Running Tank Top (£20, nike.com) – is made from recycled PET (polyethylene terephthalate) plastic bottles. 'Reclaimed discarded plastic bottles are melted down to produce new yarn and converted into fabric,' says Jones. 'As well as saving raw materials this reduces energy consumption by an estimated 30 per cent compared with manufacturing virgin polyester. Since 2010, we've diverted more than two billion bottles from landfill.'

Perhaps most impressive is the Nike Making app, launched in collaboration with the London College of Fashion in 2013. It uses the Nike Materials Sustainable Index (MSI) to help designers and product creators make better choices in the design process. 'The MSI measures the impact of materials in four key impact areas: chemistry, energy/greenhouse gas, water/land and physical waste,' says Jones.

COMPANY CREDITS

Tribesports (tribesports.com, originally featured in our February 2014 issue) is based on an innovative company model. Billing itself as a 'community sportswear brand', it posts potential apparel designs on social media and asks members to comment on what they like or dislike, or vote for one detail over another. Members end up with the product they want, at a sensible price.

But the brand's approach extends beyond the design process. It works under the Bluesign sustainable textile production system (bluesign.com). This involves meeting standards for environmentally friendly production, focusing on resource consumption, water use, and worker health and safety. If a garment carries a Bluesign Approved Fabric label, at least 90 per cent of the fabrics used in it comply with the Bluesign criteria. If it carries a Bluesign Product label, all the components (such as zips, buttons and buckles) are also sustainably manufactured.

Educating the customer about how garments

are produced is also key for Tribesports, which carries information on its site about how each item was made. 'We involve them in the process because we want them to understand and appreciate exactly what goes into producing the clothes they run in,' says co-founder Steve Reid. 'We want to get away from the throwaway culture of sportswear. Our attitude is this: don't buy more than you need and look after it so it lasts.'

Newton was the first running-shoe company to be given 'B Corp' status (bcorporation.net). 'B Corp certification looks at four distinct criteria – workers, environmental practices, governance and community,' explains Klein. 'It took us eight months to gather the information B Corp needed. But it was a very helpful process that really makes you think about how you do things – like "What are you doing to encourage sustainable commuting for your employees?" We didn't pass straight away – but they tell you where you fall short and help you make the changes you need. For example, we couldn't gauge our individual energy consumption because we rented offices in a much larger building. So we installed meters, which meant we could assess our own usage and set goals to lower it.'

Patagonia (patagonia.com), which has strong green credentials, originally had environmental awareness thrust upon it. In 1988, after 15 years of trading, it opened a store in Boston, US. Within days, workers became ill. 'We hired an engineer who told us the problem was the ventilation system: it was recycling the same tired air,' says company founder Yvon Chouinard. 'The formaldehyde from the finish on the cotton clothes was the culprit. This led us to commission a study of conventional cotton, and the discovery that cotton grown with pesticides is one of the most destructive crops in the world. Knowing what we

WHAT YOU CAN DO

DONATE AND RECYCLE YOUR KIT



Branches of **Up And Running** (upandrunning.co.uk) have shoe-recycling bins from The European Recycling Company.



A Mile In Her Shoes offers running sessions for women affected by homelessness. (amileinhereshoes.org.uk)



The Running Charity helps vulnerable young people improve their lives through running. (therunningcharity.org)



If your kit's really seen better days, it could still be recycled – find textile recycling and clothing collection banks at traid.org.uk.



Sports bras are much needed too – use the recycling bins in any **Bravissimo** store. (bravissimo.com)

knew, we could not continue to use conventional cotton for our sportswear. We went organic in 1996.'

The company mission statement is: 'Build the best product, cause no unnecessary harm and use business to inspire and implement solutions to the environmental crisis.' A Bluesign and B Corp partner, Patagonia is also a member of 1% for the Planet, a not-for-profit organisation whose members each agree to give one per cent of their profits to environmental charities. So far, more than 3,300 companies have shared over \$100 million. Melody Badgett, the organisation's managing director, says: 'There are 1,200 companies in 48 countries that are a part of 1%FTP. Apparel companies account for 10 per cent of our members and one of our biggest sportswear-apparel members is Patagonia. It's a role model for other companies, giving one per cent of its sales every year to environmental non-profits all over the world.'

Patagonia sponsors and participates in environmental initiatives ranging from promoting wildlife corridors to combating genetic engineering. It's given \$40 million in grants and donations to grass-roots environmental organisations. And it even allows employees paid leave to do environmental support work.

It co-founded the Conservation Alliance and created an initiative called Common Threads, to keep textiles out of

landfill. Many items in its range are made from recycled and recyclable polyester, organic cotton or hemp, and have Fair Trade certification.

Transparency is key – click on any item in the online store and you'll find its entry in Patagonia's 'Footprint Chronicles', giving information on all the suppliers in that garment's chain. And the company's Worn Wear initiative encourages people to care for their gear to make it last longer and minimise the impact on the planet – even providing online manuals for DIY repairs.

WORLD SERVICE

In races, the environmental impact of running is often immediately obvious – think of the thousands of discarded water bottles and junk mail goody bags, for starters. But there are events whose organisers are working hard to improve their environmental credentials.

The business of shepherding over 35,000 runners along a 26.2-mile stretch of the capital's streets in the London Marathon is a huge operation, and one that, not surprisingly, requires a significant amount of human and material resources. But the UK's biggest



GOING GREEN
Making sustainable material at the Patagonia factory and (inset) shoes to be recycled after a Tough Mudder event



BY THE NUMBERS

The statistics, good and bad, speak volumes

120,000

plastic bottles recycled after the 2014 Royal Parks Half Marathon

1,000

The number of years some types of midsole foam take to break down in a landfill

225

pounds of CO₂ produced by the average runner in one year of washing and drying kit

47

tonnes of waste collected by local authorities along the route of the 2014 London Marathon

marathon is keen to stress that it measures its environmental impact each year. The water bottles used during the race are recyclable. Also, the event works with all the London boroughs the route passes through to ensure that waste is collected and as much is recycled as possible.

In 2010, for example, 73 per cent of the waste collected in the finish area was recycled. Free travel on trains and the London Underground to bib holders mean that thousands are encouraged to travel to the start by public transport

It's a similar story at the capital's biggest half. 'When we launched the Royal Parks Half in 2008, one of our key objectives was to be as green and sustainable an event as possible,' says Sally Barney, Head of Major Events at the Royal Parks Foundation. 'Our technical race T-shirts are made from bamboo and recycled polyester; the medal is made from Forest Stewardship Council-approved wood and attached to a recycled polyester lanyard; the race trophy last year was made from a fallen oak burr in Richmond Park; and the trophies for the ultra are made



WHAT YOU CAN DO

MAKE YOUR KIT LAST

You can extend the life of your running gear by looking after it properly. That usually means washing at 30C and line-drying – the heat from radiators, tumble dryers and airing cupboards will degrade the fabric and its treatments quicker. ‘Remember, you don’t have to wash every item after each wear – outer layers can withstand multiple outings because they don’t get sweaty,’ says Tribesports’ Steve Reid.

Nikwax (nikwax.com) is a clothing aftercare brand that’s won awards for sustainability. Its (water-based, biodegradable) bestsellers are TX Direct (£8.24 for 300ml), a wash-in re-waterproof for outer garments, and Base Fresh (£3.29 for 300ml) that deodorises and improves wicking.

from naturally discarded antlers from the deer in Bushy Park.

‘Rather than a bag filled with unwanted leaflets and samples, runners in the half marathon get a drink and a banana at the finish line, then they can go to our race village and help themselves to the freebies they actually

want and will use. Ultra runners do get a pre-filled goody bag, but on the other hand, they’re disqualified if they’re seen littering the course.’

Environmental awareness also allows for quirkiness, as is the case with the Ashted 10K (trionium.com), a small event in Surrey that bills itself as the ‘UK’s greenest race’. Past medals have included slate coasters, and race winners receive locally produced prizes such as homegrown flowers, vegetables, freshly baked bread or home-brewed cider. ‘We also have a post-race free raffle where entrants can donate unwanted running kit and books to go to a new home,’ says race director Robert McCaffrey.

‘We inadvertently became green because the race passes through Ashted Common, an Area of Special Scientific Interest,’ adds McCaffrey. ‘In order to get

permission to run there, we had to pledge to have a light touch on the land and so entries were capped at 250.

‘We started and finished the race close to a railway station and bus stops, as the biggest environmental impact of any event is usually the transport people use to get to it. We encourage people to use public transport, car share, cycle, walk or jog to us.’

NO OBSTACLE

With their race courses involving the building of obstacles and churning up their locations, you might not immediately associate obstacle races with green credentials. But John Fidoe, marketing director of Tough Mudder Europe (toughmudder.co.uk), is keen to emphasise his company’s eco efforts. ‘We work with landowners to make sure sites are put back as we found them, which can mean restoring pastures and woodlands,’ he says. ‘We’ve had divers examine rivers in Germany to ensure we’re not disturbing rare molluscs by wading through them. And we’ve had archaeologists on site when excavating obstacles to make sure we’re not digging up ancient artifacts.

‘We also recycle as much of the waste on site as we can. It was 52 per cent last year and we hope that figure will grow. The biggest discarded item at any one event is actually people’s knackered running shoes, which they leave behind in their hundreds, if not thousands. They all get recycled.’

You won’t find a more low-key series of races than your local, free, weekly Parkrun 5K (parkrun.org.uk), which has been a phenomenal success, with more than 600,000 runners registered in the UK. ‘From its start [in 2004] it was about every runner and volunteer taking responsibility for themselves – how they get to the park and the impact they have on it while they’re there,’ says founder Paul Sinton-Hewitt. ‘We don’t leave a footprint, we get in and out of the parks before we can have any negative effect on other people’s lives.’

In fact, in making use of green spaces, Parkrun helps to preserve them. ‘We recently met with Fields In Trust, which helps protect open spaces across the UK from commercial development,’ says Sinton-Hewitt. It works with landowners to create ‘Deeds of Dedication’ – legally binding documents that preserve outdoor recreational sites in perpetuity.

‘Having a Parkrun is a good way to help lobby local authorities to preserve our open spaces, because it provides an example of how they’re put to good use,’ says Sinton-Hewitt. ‘As we have events in 340 areas of open space we absolutely support what Fields in Trust do and hope that in the future we can help them achieve their goals.’





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MASTER CLASS

Here's how to stay in great condition after 40. **p74**

RACE TO RUN FAST

Testing yourself more often can make you a speedier runner. **p81**

INSIDER TRAINING

Cardio machines are not your enemy. **p83**

◀ LACE UP

Give us 15 minutes and a pair of shoes and we'll give you a workout. **p91**

THIS MONTH'S EXPERT PANEL



JO PAVEY

The European 10,000m champion has competed at four Olympics and five World Champs in her 15-year career. **p97**



JEFF GALLOWAY

The former Olympian developed the hugely influential run/walk training method. **p83**



SAM MURPHY

The RW columnist and section editor is also a running coach and author of *Real Women Run* (Kyle Books). **p79**



ALEX HUTCHINSON

After running for Canada from 1997 to 2008, Alex became an author on exercise science. **p81**



PASCAL DOBERT

Pascal has been strength coach at the Bowerman Track Club in Oregon, US, since 2009. **p91**



DEENA KASTOR

The Olympic bronze medallist recently broke the masters half-marathon world record. **p76**

THE MASTER PLAN

Want to get fitter and healthier as you get older? Follow these guidelines for runners over 40

Masters athletes are proving that as much as 70 per cent of age-related decline is due not to ageing but to deconditioning – losing physical fitness by doing very little. Scientists who've studied endurance athletes have discovered 80-year-olds with muscles and cardiac capacities akin to those of 20-year-olds. And elite women masters (over 40) runners, especially, are turning in performances that are forcing us to redefine how long our so-called athletic prime can last.

For example, the marathon world record in the 50-plus age group is 2:31:05, set in 2005 by Ukrainian Tatyana Pozdniakova. That time would have put her in the top half of finishers in the London 2012 Olympics. 'We're just learning what the human body is capable of,' says Greg Wells, author of

Superbodies: Peak Performance Secrets from the World's Best Athletes (Harper Collins) and a professor of physiology and health at the University of Toronto, Canada. 'We have to throw out all our preconceived notions about ageing,' he says.

Wells believes that exercise is the most powerful tool we have to forestall ageing and possibly prevent – or even help treat – just about every chronic disease that exists today. 'If we had a drug that did what exercise did, it would be the biggest revolution ever and would be promoted all over the world. And all you have to do is go out for a run,' he says.

'A lot of research now shows that training has effects on the human body at any age,' says Wells. 'Exercise can help keep you young.' Our bodies will still age, of course, that's unavoidable. But runners who stick with the programme can delay the decline. We have to work for it, but it's worth it.





TIME WILL TELL

► **INJURY RISK** In a study of 2,500 older athletes by Dr Vonda Wright, orthopaedic surgeon and author of *Fitness after 40* (Amacom), 89 per cent of subjects had experienced at least one sports-related injury since turning 50.

► **DECLINING CARDIAC OUTPUT** On average, the amount of oxygen we can take in and pump to our muscles declines at a rate of about one per cent a year between the ages of 35 and 70.

► **SLOWING TIMES** Performance typically drops off by about one per cent a year between the ages of 30 and 50, by two per cent between 50 and 75, then by six to eight per cent a year thereafter.

► **LOSS OF LUNG CAPACITY** Your maximum breathing capacity can decline by up to 40 per cent between the ages of 20 and 70.

► **LOSS OF DEXTERITY AND FLEXIBILITY** Muscles, ligaments and tendons all become stiffer with age. Flexibility can decline by six per cent in every decade after the age of 50, even if you're exercising regularly.

► **LOSS OF BONE DENSITY** After the age of 30, the quantity of bone cells can decline at a rate of 0.3 to two per cent a year. For women, menopause can accelerate the loss to over three per cent in the two to three years beforehand and for up to 10 years afterwards.

► **LOSS OF LEAN MUSCLE MASS** Between the ages of 50 and 70 we can lose about 15 per cent of our muscle mass each decade; after 70, it's 30 per cent.

► **LOSS OF OESTROGEN** This powerful steroid hormone reduces inflammation, stimulates muscle repair and regeneration, and enables women to burn fat. Post-menopausal women have about the same amount of the hormone as men do.

IN THE LONG RUN

Olympic medallist **Deena Kastor** knows her fastest days are behind her. But she continues to thrive on racing goals and now she's breaking world records



America's Deena Kastor was a bronze medallist in the 2004 Athens Olympic Marathon. Now, at an age when many elites retire – Kastor turns 42 on February 14 – she is still making headlines.

In September she broke the women's masters half-marathon world record, clocking 1:09:36 in the Rock 'n' Roll Philadelphia Half. In the process, she also set three more masters world records for 15K (49:03), 10 miles (52:41) and 20K (1:05:52).

But Kastor isn't racing just for titles or records. With her elite days behind her and the new demands of work and family in front of her, chasing a record is simply a way to keep pulling the best out of herself. Because, as Kastor has learned, age

doesn't dampen one's competitive spirit – or love for the sport.

These days, she runs about half the miles she used to as an elite athlete. It's easy to assume that the transition to a second – slower – phase of her career would be difficult. But Kastor has embraced it. 'It's since turning 40 that I have truly seen the value in running, racing and pushing my own limits,' she says.

She thrives on training, racing and chasing a goal. 'A goal is an awesome way to force growth on yourself,' she says.

Her fastest times are in the past, so Kastor focuses on the present. 'I'm not comparing myself to the runner from 2006 [when she set her half and marathon PBs],' she says. 'I'm comparing myself to last week or maybe two weeks ago. I can say, "Wow, I just ran five seconds faster," for example.'

There is, at least, one certainty for Kastor: 'I may not be travelling the world and competing, but I'll still be running repeats when I'm 60.'



10:00 IN YOUR OWN TIME

Masters runners often think they can't fit strength work into their training schedules. But all you need is 10 minutes

Cut 10 minutes from your run a few times a week and perform the following exercises. The workout is designed by Cathy Utzschneider, champion masters runner, coach and author of *Mastering Running* (Human Kinetics).

0 1:00 SIDE PLANK

30
seconds
on each
side





THE MASTER PLAN: TRAIN IN THREE ZONES

► ZONE 1 EASY RUNNING

75 per cent of weekly mileage

Masters runners should spend the vast majority of their training time in this easy zone, says Jason Vescovi, an exercise physiologist. It gently stresses the body into making myriad adaptations. Tendons and muscles (including the heart) become stronger, as do the lungs; the number of red blood cells increases; blood vessels develop ever more capillaries; and mitochondria, those microscopic, power-generating parts of cells that convert food into fuel, both multiply and become up to 35 per cent larger, so they can burn even more fat and produce even more energy.

► ZONE 2 TARGET RACE PACES

Five to 10 per cent of weekly mileage

This second training zone is often called the tempo zone. (Use a GPS to set and monitor your pace, or try the talk test – you won't be able to complete full sentences in this zone.) Although this zone corresponds to race paces, Vescovi recommends spending the least amount of time running in it – as little as five to 10 per cent, or perhaps one run a week. That's because most bodily adaptations occur in that first (aerobic) zone and in the third zone.

► ZONE 3 FAST RUNNING OR HILLS

15-20 per cent weekly mileage

This toughest zone is sometimes called the anaerobic or lactate-threshold zone. The intense training delivers massive

rewards, boosting VO₂ max, increasing your body's ability to convert lactic acid to fuel and improving overall cardiovascular capacity. This kind of tough training also injects your body with youthful vitality by stressing it just enough to make it release human growth hormone, which rushes in to repair, rebuild and renew muscles. Working at this intensity will also help restore your youthful figure, as it brings on an intense calorie burn.

MORE IS BETTER

As for what dose a runner needs in order to stay fit into old age – to feel younger for longer – Wells says that more exercise is almost always better than less. 'I believe training for a marathon is good for your health,' he says, 'because it stresses the oxygen-transport pathway; it puts pressure on your lungs, your heart, your blood, your muscles, your brain and your nervous system. The stress stimulates your body to adapt and improve. Your body will continue to adapt as long as it also has time to recover.'

Scientific dogma used to say that when we reached 60 our bodies lost the ability to adapt to exercise. Now research and the stunning performances of masters athletes show that older people can adapt with the same relative improvements as healthy, young adults – in bone density, aerobic capacity, muscle strength and cardiovascular fitness in general. 

● *Excerpted from Older, Faster, Stronger: What Women Runners Can Teach Us All About Living Younger, Longer, by Margaret Webb (Rodale). Available from Amazon.co.uk*

03:00
LUNGE



1 minute
leading
with each
leg

05:00
FRONT PLANK



07:00
STRAIGHT-LEG
DONKEY KICK



30
seconds
per leg

09:00
SQUAT



04:00
SEATED RUNNING ARMS



06:00
BENT-LEG
DONKEY KICK



30
seconds
per leg

08:00
PRESS-UP



10:00
DIP WITH A
BENCH OR
CHAIR



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GET THE MOST FROM THE MAX FACTOR

A new type of VO₂-max test makes it easier for runners to see how well they respond in tough sessions

RESULTS

● MAXIMUM HEART RATE

This is your highest heart rate recorded during the test. Use this figure to determine your training zones. For example, tempo runs are typically performed at 85 per cent of your maximum, while easy runs should be at 70-80 per cent.

● vVO₂ MAX

This is the speed you were running on the treadmill when you hit your maximum heart rate. Running at vVO₂ max builds leg-muscle strength and power, and boosts neuromuscular responsiveness and coordination. Try the session below once a week. In a study, athletes improved their vVO₂ max by

3 per cent and running economy by 6 per cent.

The 30-30 session

After a warm-up, run for 30 seconds at your vVO₂ max, then 30 seconds at 50 per cent of this pace to recover. Continue alternating 30/30 until you can no longer achieve the required pace at vVO₂ max. Cool down with a few minutes of easy running. Progress to a 60-60 session using the same method.

● TEST DATA

Other metrics from the self-paced VO₂-max test help you track your progress. 'Measures such as average speed at each stage, peak speed in the final stage and fatigue index in the final stage (the percentage drop from peak speed to slowest speed within this stage) should improve as your fitness progresses,' says Mauger. Repeat the test every eight weeks or so, to monitor progress.

HOW TO DO IT

You'll need a treadmill, a heart-rate monitor, this page and a friend on hand for support and data collection.

1 Warm up, then set the treadmill gradient to one per cent.

2 Run for two minutes at the RPE values shown below. 'Adjust speed so your RPE at each stage stays at the required level,' says Mauger. Try to gauge RPE on a moment-to-

moment basis and adjust the speed to stay at the correct effort level.

3 The final stage is an all-out effort. When it begins, increase speed so you're running as fast as you can at that moment. 'This will cause fatigue very quickly and you will probably slow down early on,' says Mauger. 'You may even finish the test at walking speed. This is fine.'

Stage	Time	RPE (out of 20)	Exertion level
1	0-2 mins	11	Light
2	2-4 mins	13	Somewhat hard
3	4-6 mins	15	Hard
4	6-8 mins	17	Very Hard
5	8-10 mins	20	Maximum

Maximum aerobic capacity, known as VO₂ max, is one of the key metrics for fitness. It shows how efficiently your body uses oxygen during high-intensity exercise.

In a traditional VO₂-max test, which is typically done on a treadmill, the intensity is increased by upping the speed or gradient in set increments, with the aim of building up to a maximum effort over 10-20 minutes. But scientists at the University of Kent have devised a new 'self-paced' VO₂-max test, which they say is more user-friendly and more closely represents the demands of real-life running and racing.

'Unlike the traditional protocol, the runner is not obliged to increase their intensity by a specific amount, and can choose to raise it by more or less in order to yield the appropriate rate of perceived exertion [RPE],' explains lead researcher Dr Lex Mauger. The test is 10 minutes long and is made up of five two-minute stages. 'While it is completely self-paced it does get progressively harder because each stage is linked to a higher RPE,' says Mauger.

Laboratory trials of the test, in which subjects' oxygen intake and carbon dioxide output were measured, show that the protocol elicits the same VO₂-max values as a traditional test, confirming its validity. And because it uses speed, not incline, the test also gives a measure of maximum heart rate and vVO₂ - velocity, or speed, at VO₂ max - both of which can be used to determine training paces. Best of all? You don't need a fancy lab to perform the test - you can do it yourself.*

*This is a very high intensity test. Only undertake it if you are in good health and already exercise regularly. If in doubt, seek advice first. Words Sam Murphy Photography Getty



SHOW YOURSELF WHAT YOU CAN DO

It's time to smash that elusive PB – with a helping hand from Timex

Whether you're training for the 2015 Virgin London Marathon or just looking to get fitter and faster this year, the right choice of kit is essential. You wouldn't run in shorts that were too small or trainers that pinched your feet, so why compromise on your watch? Timex's Ironman range has everything you need to kick on with your personal goals and squeeze those extra seconds out of every race. As official timing sponsor of the London Marathon for 17 years, Timex is way out in front of the competition. Isn't it time that you were, too?

SHAVE OFF SECONDS

Try these time-based tips to improve your overall speed

- **SWITCH IT UP:** Vary your pace in training to keep your body guessing – and working harder. Have three speeds (one faster and one slower than your race pace), using your watch to set regular intervals between them.
- **INCREASE YOUR SPM:** Regular runners have a Strike Per Minute (SPM) rate of around 150. Boost your cadence – and your running efficiency – by counting your foot strikes over a series of 60-second intervals.
- **GO OFF TRACK:** If you're not lucky enough to live near a track, use your watch's GPS tracker to create 400m sprint-training sessions. Then switch to your stopwatch function to clock your split times.

HEAD TO MARATHON.TIMEX.CO.UK FOR MORE TRAINING TIPS AND FACTS.

Facing Up To It

Time goes faster when you're having fun – and so do your legs when you're sporting the Timex Ironman Run x50+

WIRELESS FREEDOM

Like to run with your phone but hate the hassle it entails? Here's your solution. The Run x50+ is rammed with Bluetooth technology, meaning you can tuck your mobile safely away in a back pocket and control everything from texts to

your favourite fitness apps directly from your wrist.

THE HEART OF THE MATTER

Not only is the Run x50+ compatible with Bluetooth heart-rate monitors, but also you can buy a state-of-the-art Timex version at a discounted price when you purchase your watch.



Time To Change

The streamlined Timex Ironman Run x20 has everything you need for speed – and a lightweight price tag to match

THE FIT

Compared with the bulky GPS watches of old, the Run x20 almost feels as if you're wearing nothing. Ergonomic, streamlined and comfortable, it comes in a range of style-driven colours, too.

EASE OF USE

Running is the easiest sport to get into – and this is the easiest watch to wear while doing so. It boasts an easy-to-read display and easy-to-use menu. Put simply, it's not hard to use.

RELIABLE GPS

When you're on the move you don't want to stop while data is processed – and neither does this watch. It provides instant real-time distance, pace, speed and calories burned.

INTERVAL TIMING

The two customisable interval timers will add an extra dimension to your training – based on distance or time, depending on your preference.

.....

Show yourself what you can do with the Timex Ironman sports watch range. Timex has everything you need to meet – and beat – your individual fitness goals in 2015. Prices for the Run x20 start from as little as £89, while the Run x50+ begins at £175, or £199.99 with accompanying heart-rate monitor. For more, visit Timex.co.uk. #TimexInspires #TimexVMLM

TIMEX IRONMAN



SPEED INTO SHAPE

How frequent racing can make you a better all-round runner

These days, many top athletes race sparingly, waiting until their fitness is perfect before toeing the line. But it wasn't always that way. In the months leading up to his time of 2:09:55 at the 1975 Boston Marathon, for example, Bill Rodgers raced everything from two miles on the indoor track to 30km on the roads.

He enjoyed racing, but he also used minor races as stepping stones toward his goal races each year. This approach has benefits that are hard to replicate in workouts: intermediate goals maintain motivation and the race atmosphere pushes you to run hard. For those with pre-race jitters, familiarity prepares you for adversity, says Camille Herron, a 2:37 marathoner who races 15-20 times a year.

Still, you shouldn't sign up for a race every weekend and hope for the best. Here's how to ensure there's a method to your madness.



RACE TIRED

Rodgers raced 23 times in 1975, but used most as preparation for the Boston and Fukuoka Marathons. When he ran a three-mile indoor track race a few months before Boston, for example, it was part of a 20-mile day. You don't have to go that far (literally), but resist the urge to be well rested for every race. If you're racing a 10K or less, plan an extended warm-up or cool-down – or both.

APPLY IT At secondary races, aim to run at least three miles before and after the race. Once that's comfortable, extend the cool-down to five miles. Give yourself at least two days to recover afterward (three days for races of 10 miles or longer) before doing another hard workout.



DIVERSIFY

Practice makes perfect, but don't just race the same distance over and over. 'The shorter, competitive races are great for learning tactics, repeated surging and hurting in a different way,' says Herron. 'The longer races are more drawn-out, so you have to have greater patience and mentally and physically work through the highs and lows.'

APPLY IT Find races that challenge skills you'll need in your goal race. If you're training for a hilly race, find an event with plenty of downhills to test your quads. Challenges such as early or late starts, hot or cold weather, and crowded first miles can – and should – be rehearsed at other races.



PACE YOURSELF

When every race is important, it's hard to take risks. Use low-key races to experiment with pacing and don't worry if the results aren't always great.

You'll develop a better feel for the differences between 'a bit too slow', 'a bit too fast' and 'just right' – and you may discover that a more conservative (or aggressive) approach works for you.

APPLY IT Run the first half of a race five per cent slower than your current race pace, then finish as fast as you can, to learn to stay relaxed in the early miles of races. Alternately, run the first half five per cent faster than race pace.

It will be painful, but you'll be practising the hardest and most essential skill in running: hanging on.

10 PASTA MEALS WITHOUT THE BLOAT FACTOR



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FIRST STEPS

WITH JEFF GALLOWAY

GYM DANDY

Try cardio machines for a body and mind break – and a great workout

It's not uncommon for runners to forego all other forms of exercise – running is what we love, after all. But cross-training plays an important role in improvement. It gives our running muscles a chance to recover while strengthening underused muscle groups and connective tissue, which helps stave off injuries. So when dark days and cold weather force you into the gym, here's how to get a good workout on the cardio machines.



ELLIPTICAL TRAINER

It's easy to adjust these machines to mimic the range of motion you use while running. The activity will stimulate your neuromuscular system to maintain muscle adaptations, while resting your calf muscles.



ROWING MACHINE

Rowing is an excellent way to tap underutilised muscle groups and condition the entire body. In addition to strengthening your legs, the rowing machine will also challenge your arms, back, shoulders and glutes.



STATIONARY BIKE

Cycling benefits different aspects of running. Standing while pedalling works the running muscles, while spinning at a high cadence (over 90 revs per min) mimics turnover and quickens your step.

THE MACHINES

THE WORKOUTS

EASY

Do this on one machine or a combination of machines: warm up, then 'run' on the elliptical, spin or row at a very easy pace for 2 mins. Add intensity or resistance for 2 mins. Repeat the sequence 3-4 times. Cool down.

MODERATE

Do one sequence of the easy workout (left) and walk for 10 mins. Then 'run', spin or row easy for 3 mins, followed by 3 mins of increased intensity or resistance. Repeat the sequence 3-4 times. Cool down.

HARD

Do one easy workout, walk for 5 mins, do one moderate workout, walk for 5 mins, then: 'run', spin or row easy for 1 min. Do 2 mins at a moderate pace, then 1 min hard. Repeat the sequence 4 times. Cool down.

QUICK FIX

The problem Gym boredom
The fix Indoor triathlon

Mixing up your activity in one workout keeps your mind off the clock. Choose three machines to rotate between, and go directly from one to the next. Start with 3 mins gentle on each machine, then do 4 mins moderate and finish with 3-5 mins strenuous. If there's time, do 10 mins of strength training before the hard segment.

Q+A

How many days a week should I cross-train?

Ideally, at least once or twice a week. Do it on any or all non-running days if you'd like, as long as you have at least one day of rest a week. Avoid cross-training the day before a long run or a race.





'Eat a tablespoon pre-run for a snack, or post-run for recovery,' says sports nutritionist Lisa Dorfman.

A two-tablespoon serving of most nut butters contains around 200 calories.

GO NUTS

DIY nut butters taste great, are packed with runner-friendly nutrients and cost less than shop-bought jars

Keep home-made batches in a container in the fridge for three to six months.

1

**SMOKEY
SRIRACHA
PEANUT**

High in fibre, protein and fat, peanuts are especially good at filling you up; and studies show people who eat them often have a lower body-mass index. The hot peppers in sriracha (£2.39 for 285g, Tesco) boost calorie burning and add some spice.

Perfect pairing:
celery; chicken;
bacon sandwich

- 150g unsalted, dry-roasted peanuts
- ½ tbsp olive oil
- 1 tbsp sriracha sauce
- ¼ tsp smoked paprika
- Salt

1 Blend peanuts in a food processor for three to five minutes, stopping to scrape down the sides as needed.
2 Add oil and process for one minute.
3 Add sriracha, paprika and a pinch of salt. Process for one to two minutes or until smooth.

2

**SWEET AND
SALTY
PISTACHIO**

This little green nut is high in copper, a trace mineral that keeps your immune system in tip-top shape. It's also a good source of thiamine, a B vitamin that helps your body convert carbohydrates into running fuel.

Perfect pairing:
goat's cheese;
pretzels;
multigrain
crackers

- 140g shelled, roasted and salted pistachios
- 2 tbsp canola oil (or other neutral-tasting oil)
- 1 tbsp honey

1 Blend pistachios and oil in a food processor for about four minutes, stopping to scrape down the sides as needed.
2 Remove from processor and place in a bowl.
3 Add honey and stir to combine.

3

**MAPLE
CINNAMON
WALNUT**

Walnuts are one of the few vegetarian sources of omega-3s, fats that help calm post-exercise inflammation, while cinnamon may help regulate blood sugar.

Perfect pairing:
wholegrain
raisin bread;
porridge

- 100g roasted walnuts
- 1 tsp maple syrup
- ½ tsp ground cinnamon
- Salt

1 Blend walnuts in a food processor for three to five minutes, stopping to scrape down the sides as needed.
2 Add syrup, cinnamon and a pinch of salt, and process for about two minutes or until smooth.

4

**ALMOND
COCONUT**

Almonds are packed with vitamin E, which helps with the formation of red blood cells and widens blood vessels to improve heart health. Coconut oil will cause this butter to harden in the fridge. When ready to use, microwave two tablespoons for 20 seconds.

Perfect pairing:
wholegrain
crackers;
pumpkin bread;
mango

- 140g roasted, unsalted almonds
- 100g shredded, unsweetened coconut
- ½ tbsp coconut oil
- 1 tsp honey
- ½ tsp vanilla extract
- ¼ tsp cinnamon

1 Blend almonds in a food processor until smooth.
2 Place this almond mixture in a container. (Don't wash out the processor.)
3 Add coconut to the processor and blend for five minutes.
4 Add oil and process until you get a near-liquid consistency (about a minute).
4 Add the almond mixture, along with honey, vanilla and cinnamon, and blend until combined.

5

**CHOCOLATE
HAZELNUT**

Hazelnuts are a rich source of the mineral manganese, an antioxidant. Dark chocolate contains heart-healthy flavonols. Removing the hazelnut skins takes time, but improves flavour and texture.

Perfect pairing:
strawberries;
bananas

- 140g hazelnuts
- 20g dark chocolate (60% cocoa)
- Salt
- ½ tsp honey

1 Heat oven to 175C. Lay hazelnuts on a roasting tray and roast for 10-15 minutes.
2 While hot, place nuts on a kitchen towel. Fold towel over and rub to remove skins. Cool completely.
3 Transfer nuts to a food processor and blend five minutes.
4 While hazelnuts are blending, melt chocolate in a microwave in spurts of 10-15 seconds.
5 Add melted chocolate and a pinch of salt to processor and process for 1-2 minutes or until smooth.
6 Add honey and another pinch of salt (if desired) and blend until smooth. 🍷

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A NATURAL HIGH

Science reveals how you can produce more feel-good chemicals while running

Sometimes we get it, sometimes we don't. But we always want it – and more of it. It's the runner's high, and when we're lucky enough to tap into it, our runs feel easy and even euphoric. But we aren't always that lucky. Recently, researchers studied how the brain responds to running and found that the ability to get 'high' while logging miles might be hard-wired within us. Years ago, our ancestors' survival probably depended on chasing food. The desire to live was possibly their motivation to run, and the feel-good brain chemicals released when they did so may have helped them achieve the speed and distances required, says David A Raichlen, an associate professor of anthropology at the University of Arizona, US. The runner's high may have served as a natural painkiller, masking tired legs and blistered feet, he says. Even though you no longer have to chase down dinner, learning how happy brain reactions are sparked may help you achieve the runner's high more often.

THE TRIGGER: ENDORPHINS

Nature's home-brewed opiates, endorphins are chemicals that act a lot like their medically engineered counterpart, morphine. Runners have credited them for their feel-good effects for decades, but it wasn't until 2008 that German researchers used brain scans on runners to identify exactly where endorphins originated. The scientists found that during two-hour runs, subjects' prefrontal and limbic regions (areas of the brain that light up in response to emotions such as love) spewed out endorphins. The greater the endorphin surge in these areas, the more euphoric the runners felt.

Get it Push yourself – hard, but not too hard. Endorphins are painkillers produced in response to physical discomfort, says Matthew Hill, an assistant professor at the University of Calgary's Hotchkiss Brain Institute in Canada. But that doesn't mean your runs should be excruciating – you need to find a sweet spot where they are comfortably challenging (think tempo run). In the German study, for example, the subjects were experienced runners for whom a two-hour run at a six-to-seven-mile-an-hour pace was neither easy nor gut-busting. 'Most runners I have worked with experience endorphins when



Words: K Aleisha Fetters Illustration: Dan Woodger





they are pushing their bodies, but not usually at maximum effort,' says Cindra S Kamphoff, director of the Center for Sport and Performance Psychology at Minnesota State University, US. A short, casual run probably won't produce enough discomfort to trigger the rush. However, if you attempt a pace or distance that's too aggressive, you may be too overwhelmed by the effort to feel good.

Running with others could also help – an Oxford University study reported that rowers who exercised together significantly increased their endorphin release compared with solo rowers.

THE TRIGGER: ENDOCANNABINOIDS

Endorphins get all the attention, but your body also pumps out endocannabinoids, which are a naturally synthesised version of THC, the chemical responsible for the buzz that marijuana produces. The most examined endocannabinoid produced in the body, anandamide, is believed to create a feeling of calmness, says Hill. Endorphins can be created only by specialised neurons, but almost any cell in the body can make endocannabinoids, which means they have the potential to make a bigger impact on your brain.

Get it Endocannabinoid production is believed to react more strongly in response to stress as opposed to pain (the stronger endorphin activator). Differentiating between physical stress and discomfort during a run is nearly impossible for the brain, which means the same mechanism that triggers endorphins – a tough

EASY BLISS

You don't have to run hard to run happy

A true runner's high might be reserved for fairly tough workouts, but an easy run can still be blissful. There is a state of mind called 'flow' that occurs when your brain becomes so focused on running that you aren't thinking, you're just doing. Sports psychology consultant and marathoner Cindra S Kamphoff explains how to find it. (And then turn to page 50 for our feature on flow.)

BE POSITIVE

'The biggest threat to flow is negativity,' says Kamphoff. 'Runners who call the treadmill the "dreadmill" are eliminating the chance of flow.' Anticipate that your run will bring you pleasure.

COVER FAMILIAR GROUND

It's easier to find flow on a route where you feel comfortable and you don't have to think about negotiating difficult terrain or finding your way.

FOCUS ON MOVING, NOT THINKING

Pay attention to your footfalls, arm swing and breathing. 'By focusing on your body, you lessen internal chitchat and anxieties,' says Kamphoff.

The ability to get 'high' while logging miles may be hard-wired within us

(but not killer) workout – can also trigger endocannabinoids. Raichlen says that running at 70-85 per cent of your age-adjusted maximum heart rate (220 minus your age is a very rough measure of this) is optimal in spiking the primary stress hormone cortisol, and producing endocannabinoids. (If you're 30, for example, you'd aim for between 133 and 161 beats per minute.) Hill's research suggests that, in small doses, mental stress

could increase endocannabinoid production, so pre-race jitters may have a payoff. However, long-term stress can dull this effect.

That may be one reason why Cecilia J Hillard, director of the Neuroscience Research Center at the Medical College of Wisconsin, US, has found that people need eight hours of sleep a night for optimal endocannabinoid production. What's more, her research shows that endocannabinoid levels are three times greater first thing in the morning compared with when you hit the hay. Although there's no scientific proof, this may suggest that a morning run is more likely to produce a high than an afternoon or evening run. Set your alarm – it's worth experimenting!

THE MIRACLE CHEMICAL

Endocannabinoids do more than just make you feel good – they do good. Here's how they work their magic

GET SMARTER

When endocannabinoid receptors are blocked, brain cells don't get the boost they'd ordinarily get from running.

CURB MIDNIGHT SNACKING

Endocannabinoids can keep weight off, as they are believed to help regulate appetite at night.

RUN HARDER

Anandamide dilates blood vessels and the bronchial tubes in your lungs, which could help you run faster and longer.

EASE MENTAL PAIN

Endocannabinoids aren't just good for your physical well-being, they can also help you banish bad memories.

FIGHT CANCER

They have been shown to inhibit oxygen and nutrient supply to certain types of tumours.

FIGHT INFECTION

There are endocannabinoid receptors throughout the body that help regulate immunity.





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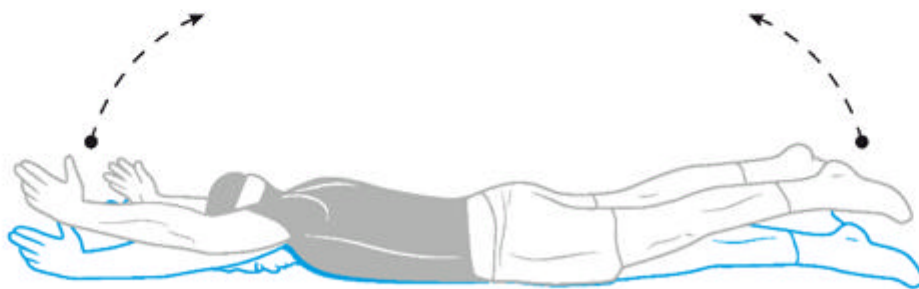
SOLE SESSION

No gym? No equipment? No time? No problem! This total-body workout can be done anywhere in just 15 minutes and the only equipment you need is a pair of running shoes. Pascal Dobert, strength coach of the Bowerman Track Club in Oregon, US, designed it to build power, endurance and speed, and to shore up weak spots to guard against injury. Do it twice a week and you too will become a better, healthier runner. It's that simple. And, yes, it's harder than it looks.



BEFORE YOU START

Pascal Dobert takes his Nike athletes through this session twice a week. He suggests doing it barefoot (or in socks) to activate the muscles in your feet. But if you have any foot problems, wear running shoes for support. For the arm exercises, you can hold running shoes for light resistance, but if you'd prefer a bigger challenge, use light weights. Aim to do the routine on off-days or following an easy run.



1 SUPERMAN

Lie face-down with your arms outstretched. Keeping your limbs straight and your torso stationary, simultaneously lift your arms and legs up off the ground. Hold for 10 seconds, then lower your arms and legs to the ground. Do the move 10 times.



2 OVERHEAD PRESS

Stand with feet shoulder-width apart. Bend your elbows and stand with your palms facing front (away from you). Raise your arms overhead so that both shoes make contact with each other above your head. Do five reps with palms in this position, five reps with palms facing back (behind you) and five reps with palms facing each other.



3 SCARECROWS

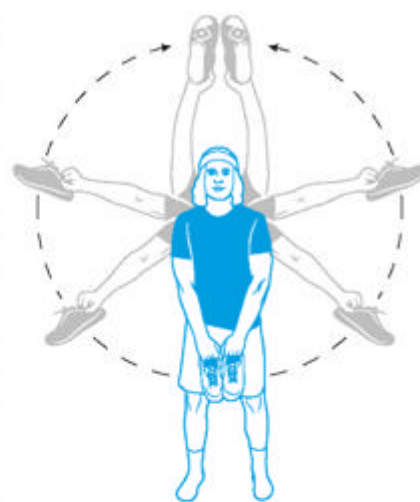
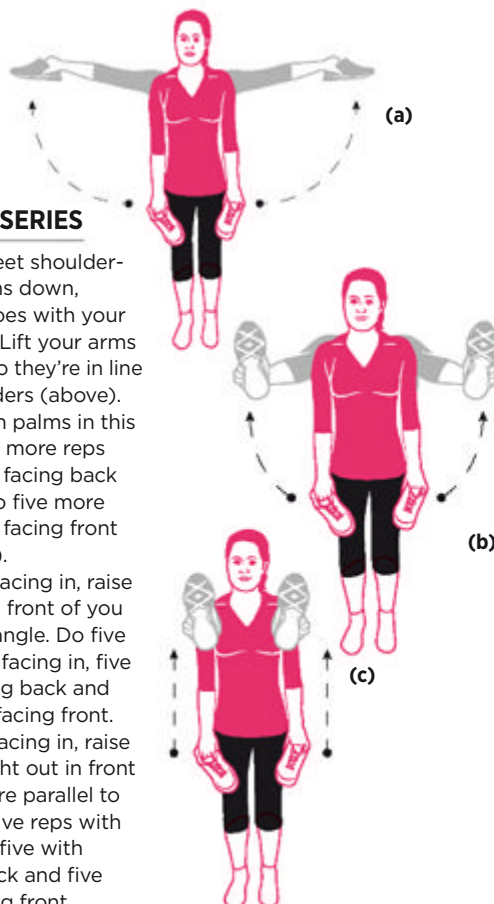
Stand with your feet shoulder-width apart. Holding your shoes with your palms facing back (behind you), bend your elbows and raise your arms up into a 'rugby post' position, with a straight line across your chest and shoulders. Rotate your arms down while trying to maintain a 90-degree angle at your elbows. Do 15 reps.

4 ARM RAISE SERIES

(a) Stand with feet shoulder-width apart, arms down, holding your shoes with your palms facing in. Lift your arms out to the side so they're in line with your shoulders (above). Do five reps with palms in this position. Do five more reps with your palms facing back (behind you). Do five more with your palms facing front (away from you).

(b) With palms facing in, raise your arms out in front of you at a 45-degree angle. Do five reps with palms facing in, five with palms facing back and five with palms facing front.

(c) With palms facing in, raise your arms straight out in front of you so they are parallel to each other. Do five reps with palms facing in, five with palms facing back and five with palms facing front.



5 AROUND-THE-WORLDS

Stand with feet shoulder-width apart, arms straight down. Hold shoes with your palms facing back. Keeping your arms straight, lift them out to your sides and circle them above your head. Have both shoes make contact above your head on each rep. Return to start. Do five reps with palms facing back, five with palms facing in and five with palms facing front.

6 SUMO SERIES

- (a)** Stand with feet slightly wider than shoulder-width apart, toes pointed out. Squat, placing your elbows between your knees, palms together.
- (b)** Squeeze in with your knees and do these moves: move side to side three times; circle left three times; circle right three times; do three figure-of-eight motions; and move front to back three times.
- (c)** Hold the sumo position for five seconds.
- (d)** Then bring your feet closer together by walking your feet in; move heel, toe, heel, toe.



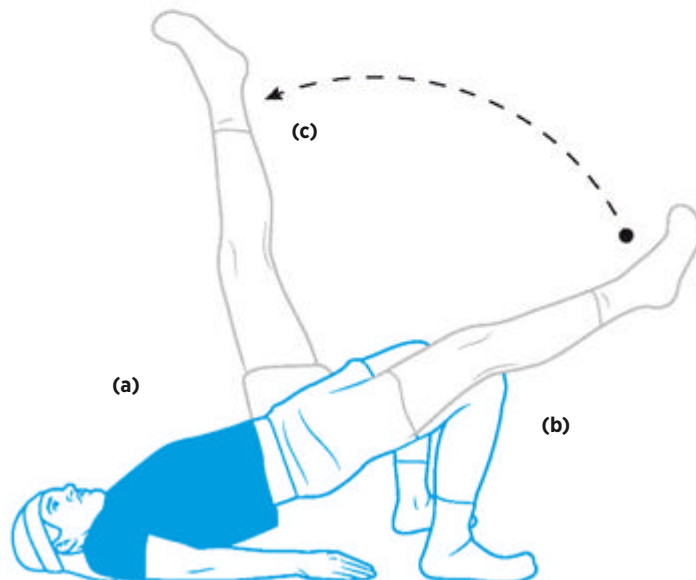
7 TRUNK ROTATIONS

Standing with your feet shoulder-width apart, twist your torso at the waist to the left 10 times. Repeat to the right 10 times.



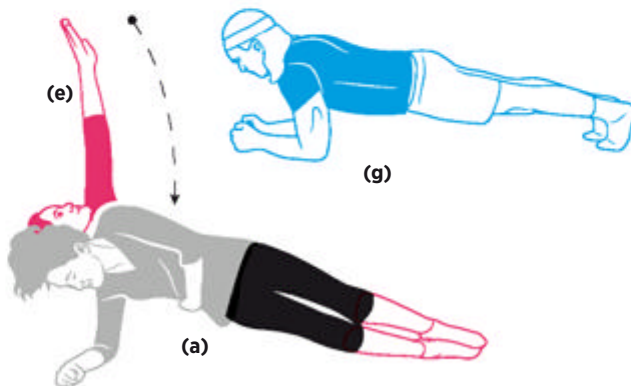
8 BRIDGE SERIES

- (a)** Lie on your back with both feet on the ground, toes pointed straight ahead. Raise your hips up and then lower. Repeat 10 times.
- (b)** With hips in the air, lift one leg off the ground and extend it. Hold this position for 10 seconds. Then, still holding that leg out, lower and lift your hips 10 times. Repeat on the other leg.
- (c)** From the one-legged bridge position, kick the extended leg up and bring it over your head (or as high as possible). Return the leg to the ground. Do this bridge kick five times on each leg.



10 PLANK SERIES

- (a)** Lie on your side, elbow under your shoulder. Maintaining a straight line from your feet to knees and hips to shoulders, lift your hips up. Hold for 30 seconds; work up to one minute.
- (b)** From this position, lower and raise your hips five to 10 times.
- (c)** From the raised position, rotate your torso slightly forward. Lower and raise your hips again five to 10 times.
- (d)** From the raised position, rotate your torso forward and back five to 10 times.
- (e)** From the raised position, extend your top arm straight up into the air. Rotate and reach your arm under your waist. Return your arm to the extended position. Do five to 10 times.
- (f)** Repeat the above steps on the other side of your body.
- (g)** Stretch out and rest your weight on your forearms and toes. Hold this plank position for one minute.
- (h)** Holding the plank, move your body forward and back on your toes 10 times. Circle your upper body right, then left, 10 times.



9 FLYS

Stand with feet shoulder-width apart, holding shoes with your palms facing in. Keeping a bend in your elbows, raise your arms directly out in front of you. From this raised position, pull your arms back horizontally, then return. Do five reps with palms facing in, five reps with palms facing back and five reps with palms facing front.



11 ROWS

Stand with your feet shoulder-width apart, holding shoes with your palms facing in. Bend forward from the hips. Extend your arms down in front of you, bend your elbows and bring your hands to your chest. Next, straighten your arms so your hands extend out to your sides. Do five reps with palms facing in, five with palms facing back and five with palms facing front.

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WINTER PREP

Sidestep joint pain with this simple pre-run routine

Warming up is especially important during winter months. Starting out cold for a run in chilly conditions can make your joints extra vulnerable to injury, says running coach Dennis Barker. This quick head-to-toe routine will release tension in your upper body, and improve circulation and flexibility in your lower body.



ARM ROTATIONS

Do 10 arm circles, moving in a forward direction. Repeat, circling your arms backward. Then, swing your arms back and forth across the front of your body.



HEAD ROTATIONS

Lower your head to your chest. Then slowly roll your ear toward one shoulder, and continue the motion, making a circle. Do 10 circles, then repeat in the opposite direction.



KNEE CIRCLES

Stand with your feet a few inches apart and your knees touching. Keep them together and slowly rotate your knees in a circle. Do 10 circles, and repeat in the opposite direction.



ANKLE ROTATIONS

Raise one foot up onto tiptoes. Rotate the other leg's ankle in a circle 10 times. Then repeat the routine in the other direction.



TRUNK TWISTERS

Stand with your feet shoulder-width apart, bend at the waist so your upper body is parallel to the floor. Rotate your torso in a circle 10 times, then repeat in the opposite direction.



LEG SWINGS

Holding a chair for balance, swing one leg from side-to-side and then front-to-back, completing 10 swings in each direction. Repeat on the opposite leg.

WINTER SURVIVAL GUIDE

- **START SLOWLY**
Begin all runs with a five- to 10-minute jog to boost circulation before picking up the pace.
- **GET TRACTION**
Slippery surfaces can force your Achilles tendon to work extra hard to stabilise your stride, says podiatrist Robert Rinaldi. Run on clean surfaces and make sure the soles of your trainers still have a decent grip.
- **SEEK WARM GROUND**
The colder the weather, the harder the road surface is, and the more likely you are to suffer impact injuries, such as shin splints and stress fractures. Rinaldi says to run during the warmest part of the day – 10am to 2pm – when possible.

STARTING OUT COLD FOR A RUN CAN MAKE YOUR JOINTS VULNERABLE TO INJURY

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Jo's pro tip

Add a tempo section to a long run

This is a useful addition to a marathon-training programme. It requires you to find some pace when your legs are tired. Try a 90-min run with the last 20 mins at tempo pace, followed by a 10-minute cool-down.

Q I'm so tired at the end of long runs that I end up shuffling. What can I do?

Running shorter distances may be a good idea if you're struggling. It's possible you're trying to tackle a distance that you're not yet conditioned to deal with. Gradually build the distance back up by adding a little more each week to help you to adapt to the longer run.

Make sure you have an easy day before your long run. I find I have to give my long run high priority and not start off tired if I want it to go well. Otherwise, my legs often feel heavy after a

while and this can sometimes knock my confidence a bit.

Also, don't start off too quickly. Focus at first on lasting the distance, rather than risking misjudging your pace at the start. If things go well you can go a bit quicker as the run progresses.

Ensure you are fuelling up well the night before and having an adequate breakfast, and that you are well hydrated.

It could well be that your energy levels are flagging during the long runs. If you're not doing so already,

take in some sports drink every 20-30 minutes during the run. Use a drinks belt or hide a bottle somewhere. I find it irritating to carry a bottle so I sometimes hide one in a hedge and run out and back to it. I also carry an energy gel in my pocket to have at the halfway point; I can really feel this giving me an energy boost.

Finally, work on your core stability a couple of times a week. Good core strength will help you to run with more efficient biomechanics, meaning you'll tire less quickly.

Q What's the best interval session I can do to prepare for a 10K?

There are many good workouts to try – you need to work at various paces during a training block to run your best 10K and each session has its own purpose. So it's difficult to point to 'the best session'. However, a good example of a key session is shown below – it has good volume and the pace gets quicker as you progress.

Set 1 2 x 2,000m with 3 minutes' recovery between reps

(3 minutes' recovery after set)



Set 2 1 x 1,600m

(5 minutes' recovery after set)



Set 3 1 x 800m

(2 minutes' recovery after set)



Set 4 2 x 400m, with 90 seconds' recovery between reps

(2 minutes' recovery after set)



Set 5 2 x 300m, with 90 seconds' recovery between reps

(2 minutes' recovery after set)



Set 6 2 x 200m, with 90 seconds' recovery between reps



Q What do you eat before long runs? I can't find anything that agrees with me.

I eat porridge about two and a half hours before a long run and have a sports drink, but I feel hungry and a bit weak if I don't eat anything else closer to the run. (Peanut butter adds a good hit of protein for sustained energy.) I have a sports bar in the last hour before the run and a gel with some water just before I set off. Concentrate on easy-to-digest carbs, and avoid too much fat or fibre.

● Email your training, racing and running queries to rwedit@runnersworld.co.uk with the subject 'Elite Advice'.

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Resistance bands can build your strength and increase flexibility, and turn the page for 10 other pieces of kit that will give you a complete home workout

Resistance Bands Set

From £13.99, gym-stuff.co.uk

Every runner should have a band or two at home. They're perfect for stretching out tired muscles after a long run, and you can also use them for an overall strength-and-flexibility workout. Gym Stuff offers a range of bands that can be bought individually or in sets; with handles or without; tubular or flat, and varying in tensile strength to increase the difficulty of stretching them. In short, there's something for every runner.



Reebok Trainpod

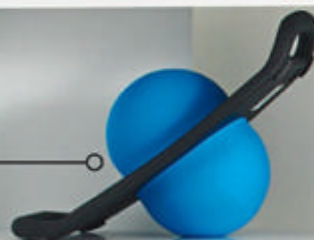
£39.99, sportingpro.co.uk

This multifunctional tool – part Bosu ball, part pogo stick – comprises a hard rubber platform and an air-filled ball. It can be used to add instability to exercises such as squats, press-ups, planks and more, and you can also use it to perform a range of bouncing exercises to strengthen your core and improve your proprioception.

The Grid – Camo

£39.99, physicalcompany.co.uk

The king of massage rollers, the Grid is made from tough EVA foam wrapped around a hard, hollow plastic tube that will not bend, sag or – take our word for it – give your muscles an easy ride. But while that means more yelping and wincing, it also means a far more effective post-training recovery routine.



Powerbag 7.5kg

£58.99, physicalcompany.co.uk

Choose from eight weight options (7.5kg to 35kg) and use this bag (a cross between a barbell and a medicine ball) for exercises that will make you a stronger runner, including weighted lunges, deadlifts, overhead squats, Russian twists and many more. It's easy to clean, so you'll have no trouble wiping away the buckets of sweat you'll produce.



Roll Recovery R8

£95 (including shipping), rollrecovery.com

If you're looking for a self-massage tool that gives you more control over the pressure exerted than a foam roller allows, then this is it. The eight adjustable wheels clamp onto either side of your legs and are rolled back and forth to lengthen out tired muscles and help flush away lactic acid. It can be used on your quads, hamstrings, IT bands, glutes, calves, shins and more.



Powerblock Kettleblock 40

£248.99, fitness-superstore.co.uk

A one-stop block that takes the place of eight different 'bells'. The simple clip system means you can quickly add or take away weight, depending on your requirements. The increments (in kg) are 3.5, 5.5, 7, 9, 11.5, 13.5, 16 and 18. This easily stored set comes with a Velcro wristband that connects to the block for added safety.



HOME IMPROVEMENT

Sometimes it's impossible to do an outdoor workout and not everyone wants to stump up gym fees. Thankfully, there's lots of cleverly designed equipment you can use at home to build your strength, speed and core stability

SandRope 6.8kg

£196.99, physicalcompany.co.uk

If you have room to swing this three-metre rope around, you'll be able to do a killer cardio, strength and fat-burning workout. The neoprene tube is filled with shifting sand, which forces you to work harder to overcome resistance when you use it. It comes with an anchor kit so you can fix it to an appropriately sturdy piece of furniture.

York Fitness Ultimate Folding Workout Mat

£20, gymworld.co.uk

Use this mat for your core work, yoga or anything else that requires contorting yourself on the floor. It's an especially good choice for those who work out on a hard surface, as it's well padded for comfort. The surface is easy to clean, it folds over twice for easy storage and there are two carry handles. Dimensions are: 183x61x5cm

Studio Pro Rebounder 40"

£74.99, fitness-mad.com

If you thought trampolining was something you watch your kids do at a birthday party, think again. 'Rebounding' (as it's called for adults) is not only enormous fun, but it also requires you to work your core to ensure you don't bounce off to one side. It also strengthens your legs and the small stabilising muscles around the ankle joints.

Kamagon Ball

£115.99, physicalcompany.co.uk

A clever core-stability tool that uses 'hydro-inertia' (you fill it with water), which forces you to recruit a bigger range of muscle groups when you do a workout. It can be used as a medicine ball or a kettlebell and you can change how hard you work by varying the amount of water you put in – the more you add, the tougher it is.

Classic Speedrope

£25, sgfspeedropes.com

Skipping improves your cardiovascular fitness, core stability, lower leg strength and foot speed – the latter is particularly important for increasing your cadence on the run. This super-fast, lightweight rope comes in a choice of 27 lengths, from 4'8" to 6'10", and three different thicknesses, and you can even personalise it with your name.



ON TEST

ONE OF A KIND

This unusual-looking shoe offers a unique running experience

Airia One

£126, plus taxes, airiarunning.com

Swedish Brand Airia makes some bold claims about this rather odd-looking shoe – most notably, that it makes eight out of 10 runners faster, by up to seven per cent.

The Airia One also comes with a 'warning' that recommends you begin with several short runs to avoid potential injury, and that you clock up at least 10km before making a judgement. It's also stressed that the shoes are strictly for running, so you shouldn't walk or stand in them for long periods.

RW verdict Running in the Airia One is a unique experience – and it's not for everyone. The ride is hard and stiff, and having your foot lean to one side as it sits in the shoe feels weird. It also took several runs to become used to the striking raised-toe design. However, it did encourage us to land lighter on our feet and our cadence (steps per minute) improved. We can't comment on claims regarding performance gains. This is a niche shoe that will not appeal to casual runners for whom comfort is paramount. But it may be worth experimenting with if you're a fast, biomechanically efficient runner looking for a performance gain.

★★★★★☆☆☆☆☆



1

Raised midfoot section. The middle of the outsole features two bumps – or raised sections – making it difficult to heel strike.

2

A 6mm slant inside the shoe. The idea is that this helps to roll your forefoot in (pronate) more forcefully, so you spring off your big toe more powerfully.

3

An 80mm toe-spring (the height between the tip of the toe and the ground), around double the normal height. The aim is to get your foot off the floor more quickly.

4

There is zero drop from the heel to the midfoot, a feature in line with the natural-running boom that's designed to give the shoes a fast, racing feel.

FIRST LOOK

LIGHT, FANTASTIC

Berghaus Vapourlight Hyper Smock 2.0£100, berghaus.com

Is this the lightest waterproof jacket in the world? Berghaus thinks so. It's a difficult claim to substantiate, but there's no doubt that, at 85g, this is amazingly light, especially given the weather protection it offers. It's waterproof and keeps all but the strongest wind at bay. It will be available in March, just in time for spring showers. **We loved** The fit on the hood, which is close, and it moves with your head, so you can maintain good vision at all times. **We didn't love** The rusty sound when running in windy conditions.



Fitted hood with subtle stiffened peak over the eyes

Button tab at the neck to secure rolled-up hood in place when not needed

Waterproofing tape over all the seams

Gusseted under-arms for freedom of movement

Three-quarter-length front zip

Elasticated binding at hem and cuffs

HOW DO I...

RE-WATERPROOF A JACKET?

'Always wash your jacket at the temperature recommended on the care label. For many, this will be 40C. Rinse the jacket and let it hang to dry before sticking it in a tumble dryer for 20 minutes. This

will reactivate the durable water-repellent (DWR) treatment. If you don't have a dryer, you can achieve the same effect by ironing the jacket on a gentle, warm setting without steam, using a tea towel between

the iron and the jacket. You'll know the DWR is working if water beads and sits on top of the garment, rather than soaking in.'

Jonathan Bell, Sales & Marketing Manager, Gore Running Wear

BODY SHOP

SKIN SAFE

Stay fragrant and friction-free

**Muc-Off Dry Shower**

£7 for 200ml, muc-off.com

This is handy. Simply spray the foam onto your hand, rub it in where necessary and let the odour-killing formula do the rest.

**Granger's Odour Eliminator**

£4.99 for 150ml, grangers.co.uk

Remove your insoles and spray this strong stuff on both sides, before tackling the inside of the shoe. Allow to dry for an hour.

**2Toms Sport Shield**

£13.99 for 45ml, runningshirtsuk.com

This is a superb sports lube. The applicator dispenses smoothly, the aloe vera-infused grease works a treat and it washes off easily.

THINK MARATHONS ARE TOUGH?

RAT RACE
♦ THE ♦
WALL

Got a few marathons under your belt and looking for another challenge? Tackle The Wall, Britain's most do-able ultra, and run **69 miles in just one day** as you take in the beauty of Hadrian's Wall country. Your journey will take you from **Carlisle Castle to the Gateshead Millennium Bridge** over a mixed-terrain route that incorporates both on and off-road sections. You'll pass sections of the wall, forts, mile-castles, Roman temples and **endless views of stunning countryside** as you pound through the miles towards your greatest achievement yet!

HIT THE WALL

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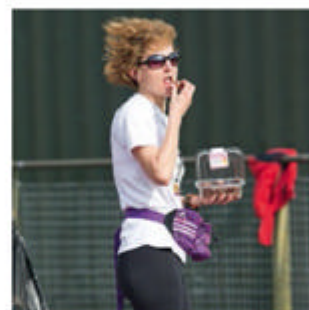
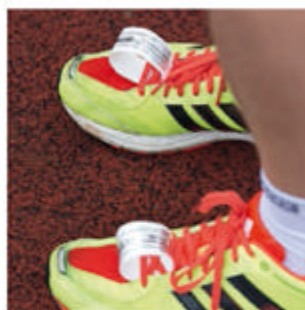
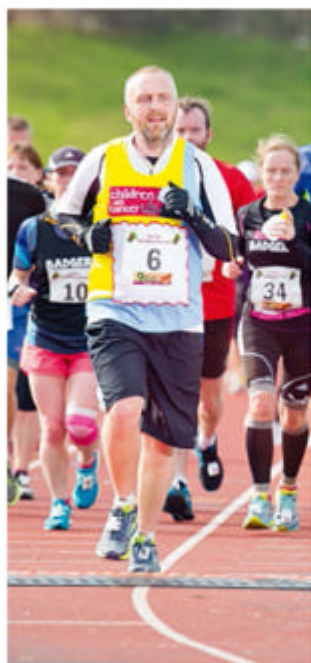
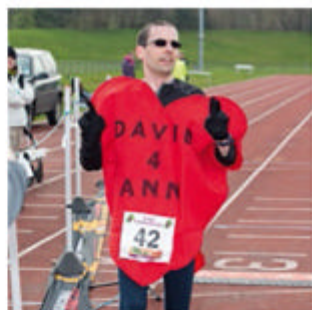
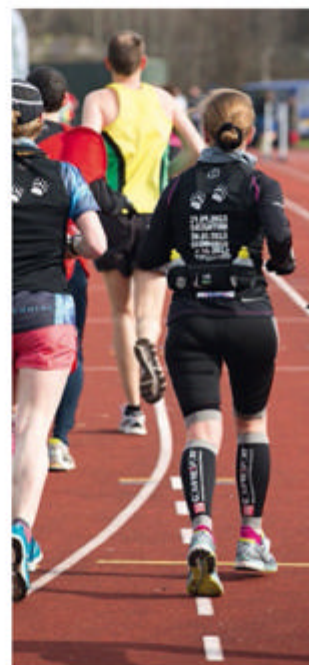
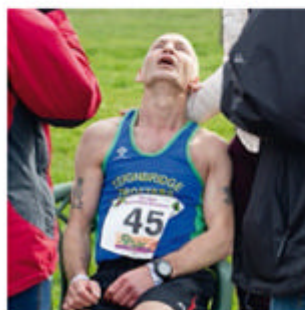
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Marathon | 10K | 5K | Wee Nessie
lochnessmarathon.com



RACE

LET YOUR TRAINING LOOSE



ROUND TRIP

A 26.2-miler on the track, The Groundhog Marathon offers an intriguing test of physical and mental endurance

Words Warren Pole





RUNNING JOKE
Seeing the funny side was vital

When *Runner's World* asked if I fancied doing a marathon I thought the stars must

have aligned. I had recently recovered from a year of injuries and was looking forward to an atmospheric, exciting 26.2-miler. I immediately said yes to RW but forgot to ask which marathon it was.

The list of race possibilities was truly mouthwatering – from Rome to Tokyo, and possibly even Boston. Minutes later an email pinged into my inbox from RW. Telford, in Shropshire. And not just any ordinary marathon, either. The Groundhog Track Marathon comprises 105 laps of a windswept 400m running track. In March.

I run a lot, but I'm not so much driven by the act of running itself. No, what delivers the buzz I crave is where running takes me and the adventures it can bring, whether that's using a city marathon as a perfect excuse to explore somewhere new, or running through mountains for 30-odd hours in the sort of ludicrous ultra event that takes you to the edge of your mental and physical limits.

All of which meant that running an entire marathon to go, well, nowhere, seemed the opposite of everything I ran for. But my pride was at stake and, I'll admit, I was a little curious, too.

In preparation, I did some research on similar events, just to get an idea of

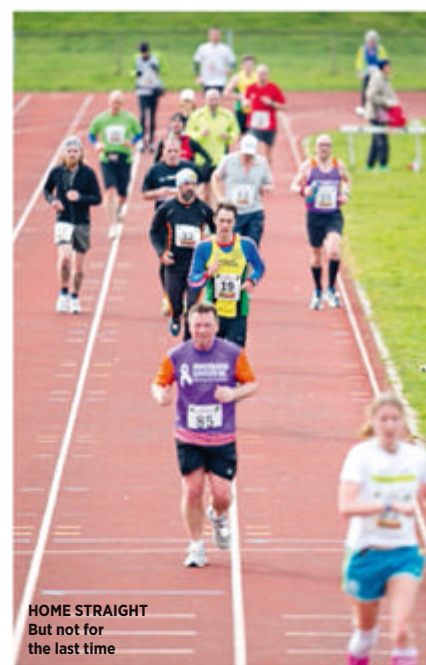
what to expect. An event such as The Groundhog would be sniffed at by Greek ultra-marathon legend Yiannis Kourios – the man who holds the records for distance covered on a track in 12, 24 and 48 hours, as well as the six-day record (just over 645 miles).

And then, of course, there is the annual Sri Chinmoy Self Transcendence race, a 3,100 mile, 52-day event that involves running lap after lap after lap of one 883m city block in Queens, New York. Finishers will rack up almost 6,000 circuits. The course record is held by

It was extremely liberating just allowing my mind to wander wherever it wished

German Madhupran Wolfgang Schwerk, who, in 2006, finished in just over 41 days

Next to that, a few hours going in circles in the West Midlands suddenly looked like a delight. Once the race was underway I settled into an easy pace and wondered what was about to unfold. The first major realisation was that pacing was going to be a problem. For those in search of PB a GPS watch would do nicely (although race director Denzil Martin noted that running so many laps of the same short route could



HOME STRAIGHT
But not for the last time

THE RUNDOWN

The Groundhog Marathon

Shropshire (2014 stats)

First man Simon Martin **2:56:32**

First woman Helen James **3:16:10**

Last finisher 5:54:19

No of starters/finishers 69/64 (92% finished)

GROUNDHOG DAY
After a while the runners
felt they were doing the
same thing over and over



Like the sound of this?

Try...



DONINGTON PARK HALF MARATHON

Derbyshire, November 15

Test the multi-lap format by running five times round the famous racing track.



KENT ROADRUNNER MARATHON

Gravesend, May 30

It's not 105 circuits of a running track, but 17 times round a flat cyclopark should give you ample opportunity to practise your pacing.



SRI CHINMOY SELF TRANS- CENDENCE TRACK RACE

London, September 19

If you fancy going in at the deep end, then lace up and tune out for 24 hours of running round and round Tooting Bec Athletics track.

throw off even the best models). Or you could simply have a friend monitoring you from trackside

For me, things were made tougher by the absence of mile markers or obvious sections to break the course into. In ultras I find running from aid station to aid station makes very long distance more manageable, but here the aid station was every 400m, so the intervals were too short. And it was all but impossible to tick off laps: I lost count at six.

So I thought about using chunks of time to break things up: hour to hour or, when I was feeling wobbly, one 10-minute stretch to the next. A rough calculation on my early laps put me on about a four-hour pace; after that I assumed I was keeping to that pace. And it was extremely liberating not to be worrying about lap times and mile splits and instead just allowing my mind to wander wherever it wished.

And, funnily enough, there was plenty to keep me entertained. The unusual format and crowded confines of the course



FAIR SWAP
I give you this, you
do the marathon

encouraged a feeling of solidarity among runners and their supporters – wry asides and gallows humour abounded.

And it was also easy for two participants to run together for a few laps, return to their respective running paces, and then meet and resume their conversation half an hour later. You don't get that on a normal marathon course.

Nor would you get a front row seat for every piece of action; not only was I there as the winner crossed the line, but also I got to see some seriously fast people racing by every few laps. Also – I'm not ashamed to admit – I occasionally enjoyed a spot of schadenfreude as one or two of the loudly overconfident runners who'd set off at pace visibly blew a gasket.

Having long since lost count of my own laps, it was a major morale booster to be told that, at just shy of four hours, I'd

completed 97 of the 105.5 laps, which allowed me to play countdown to the finish. I then ran an extra lap, having decided my first marathon back after injury might as well (technically) be an ultra marathon, too. Silly as it may seem, the fact that I had the stomach for that extra circuit is testament to the surprising charms of the Groundhog. Running in circles might seem ridiculous, but don't knock it until you've tried it.

● **Run** The 2015 Groundhog Marathon takes place on March 7. Visit runnersworld.co.uk/groundhog



NEARLY THERE
Warren Pole nears
the finish line. Maybe

Finishing stats

2-3 hours: 2%
3-4 hours: 53%
4-5 hours: 34%
5-6 hours: 11%





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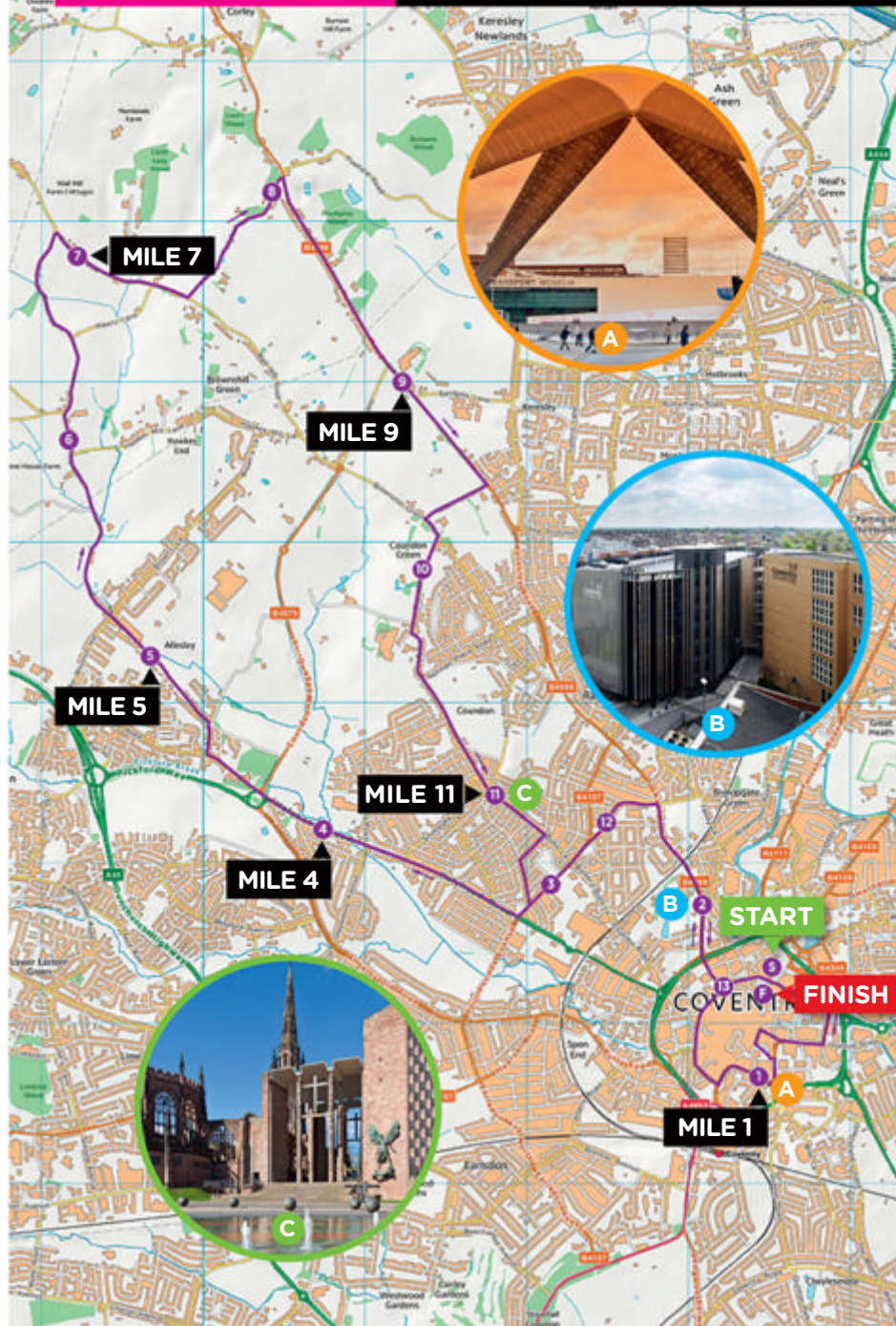
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Route recce Coventry's Half Marathon



Race organiser Ian Allerton guides you along this West Midlands race, which takes you from city centre to countryside and back again

START You begin in the heart of the city, beside the Coventry Transport Museum, which celebrates the area's links to the motor industry. Only 50m into the race you pass under the Whittle Arch (A), a structure built to commemorate Sir Frank Whittle, inventor of the jet engine, who was born in Coventry.

MILE 1 A tight loop of the city takes in many landmarks, including the university (B), the Tudor-style council HQ and the Belgrade Theatre. Large parts of Coventry were rebuilt in the 1950s after it was badly hit by wartime bombing raids.

MILE 4 You're now on a long, wide, flat, tree-lined stretch of road that was built by renowned civil engineer Thomas Telford in the 1820s. A church spire on the horizon signals you're nearing the village of Allesley.

MILE 5 Enjoy the Warwickshire countryside as you look out over a patchwork of farmers' fields. You will also pass Brown's Lane, which was the Jaguar car plant until it relocated in 2005.

MILE 7 Here you can pick up speed on a short downhill section before you begin the stiffest climb on the course, a 42m ascent in just under a mile.

MILE 9 There's always good crowd support as you head

along the gently sloping section on Tamworth Road. You'll pass Keresley village, where actor Clive Owen was born.

MILE 11 Here you'll get a pleasing view of the city's skyline. It's dominated by the remains of the city's Gothic cathedral (C). Destroyed by the Luftwaffe in 1940, its ruins stand beside its modern replacement.

FINISH There's a satisfying 400m straight section before you return to Millennium Place and the Whittle Arch.

INSIDE STORY Ian Allerton says: 'This is a well-established race, although the route was substantially changed in 2014, one of the changes being the early tour of the city centre before the race heads away from Coventry. Runners are surprised how green the route is in the middle section, as you're out in the countryside. We'll continue to tweak the route in future years, but we feel we've freshened it up and added some enjoyable sections. The feedback has been excellent and we were pleased to see an increase of around 500 entrants for last year's race. The first half is more uphill, but there's nothing too severe, and the second half is a gentler downhill run, with only one or two small climbs as you re-enter the city centre. It's perfect for those looking for a quick time.'

Run it The 2015 race is on March 1. For more details, visit coventryhalf.com

The rundown

Coventry's Half Marathon

West Midlands (2014 stats)

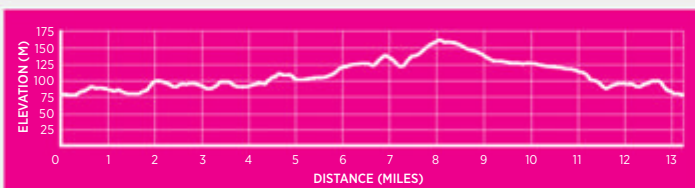
First man Aaron Scott 1:08:50

First woman Philippa Taylor 1:21:53

No. of starters and finishers 2005 and 1993 (99%)

Finishing stats

1:05-1:30 5%
1:30-1:45 17%
1:45-2:00 28%
2:00-2:30 35%
2:30-3:50 15%





Take your pick

Wacky Races

If your running regime's in a rut of routine events, maybe it's time to indulge in some comic relief. Here's our choice of March's best wacky races...

March 7

Blacklight Run

Northampton

A twist on the current trend of colour runs, at this night-time 5K you get showered in UV neon glow powder rather than paint. The result is that competitors end up looking like they've survived some athletic mash-up of *Ghostbusters* and a 1990s rave. There's a post-race party, so they can cut some appropriate 'mad-for-it' shapes. Runnersworld.co.uk/blacklightrun

March 8

The Trionium UK Wife-Carrying Race

Surrey

A test of strength, and possibly your marriage, this 3.8km struggle with humanity features water and hay-bale obstacles, with the added hindrance of having to carry a 'wife' while navigating them. Helpfully, you don't need to be married to your race partner and they can be male or female. Runnersworld.co.uk/wifecarrying

March 14

The Moonlight Flit

Devon

Head torches are essential for this evening half marathon or 10K, but the start is timed so that you'll enjoy a winter sunset as you hurtle off into the leafy darkness of the Sharpham Estate. Expect tough climbs and more than a couple of attempts at a werewolf's howl. Runnersworld.co.uk/moonlightflit

The Mighty Deerstalker

Scottish Borders

A tweed jacket, pipe and Sherlock Holmes headwear are considered de rigueur attire for a fiendishly vile off-roader that's loaded with hellish obstacles and a local population fully in on the fun. Expect to lose your dignity – and, quite probably, that tweed jacket as you navigate hills, mud and tunnels along the way. Runnersworld.co.uk/deerstalker



DIRTY DOZEN
The idea is up and over

March 21

Dirty Dozen

Staffordshire

A 12km adventure race for purists and mud-lovers featuring nature's finest obstacles rather than man-made ones. As areas such as 'the ditch of doom' suggest, this is the perfect event at which to bid farewell to the knackered old kit at the back of your drawer. Runnersworld.co.uk/dirtydozen

March 28

Viper 369

Cheshire

A three-, six- or nine-hour relay event depending on the size of your team, the Viper is a cracking trail race for believers in good old-fashioned team spirit. The race features a repeated 5K loop on just about every type of surface you can think of, and stage time limits that have to be hit to keep your team in the race. Runnersworld.co.uk/viper369



THE MIGHTY DEERSTALKER
Someone's about to be very unpopular

March 29

Battle Ready 0.2

Somerset

There'll be no shirking at this 10K urban assault course race set up by former members of the armed forces. There may well be some shouting, though, and possibly a little crying. Robust runners will be invited to run through mud, water, fire and ice in a test of their stamina and, perhaps, sanity. Runnersworld.co.uk/battleready

The Brighton Chicken Run

East Sussex

Nowhere in Britain embraces fancy-dress running as much as Brighton – also home to the annual, superhero-themed Heroes Run. At this brilliantly daft fundraising 5K everyone is dressed as a bright yellow chicken. But everyone gets a chocolate egg at the end, so it's worth the slight humiliation. Runnersworld.co.uk/chickenbrighton

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Fresh Foam ZANTE
WOMEN'S CUSHIONING
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Soft just got fast. With plush Fresh Foam midsole technology and an aggressive toe spring, the Fresh Foam Zante delivers a lightweight and flexible ride. No-sew bootie construction provides a snug midfoot wrap for a performance fit.

Women's colourways: Kid's colourways:

Not all colourways will be available in all stores, please check before travelling



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At the intersection of data-driven science and trendsetting style, the Fresh Foam Boracay delivers a supremely smooth ride. Answering to runners' strike and impact patterns, it features a plush, Fresh Foam midsole and durable blown rubber outsole as well as a breathable mesh upper that's guaranteed to turn heads.

Women's colourways:

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Men's colourways: Kid's colourways:

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Men's colourways:

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Men's colourways:



Kid's colourways:



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Men's colourways:



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England Athletics has nine Regional Councils covering the whole country, who represent the views of runners and athletes in their area. Their responsibilities include:

- ◆ Representing their region's interests within the overall national strategy of England Athletics
- ◆ Providing local knowledge and communication for the benefit of the sport
- ◆ Representing the interests of the club and volunteer sector of the sport
- ◆ Monitoring the effectiveness of national policy and its implementation within their region
- ◆ Working in partnership with England Athletics' staff
- ◆ Network and collaborate with member clubs, bodies and competition providers in their region to develop the sport

We are looking for people who want to help shape the future of running and athletics.

We would like to hear from a wide range of people who are willing to represent the views of the sport in their area.

Nominations for Regional Councils are currently being accepted with a deadline of 27 February 2015.



If you are interested in being nominated for your Regional Council please see **www.englandathletics.org/yoursay** to find out more



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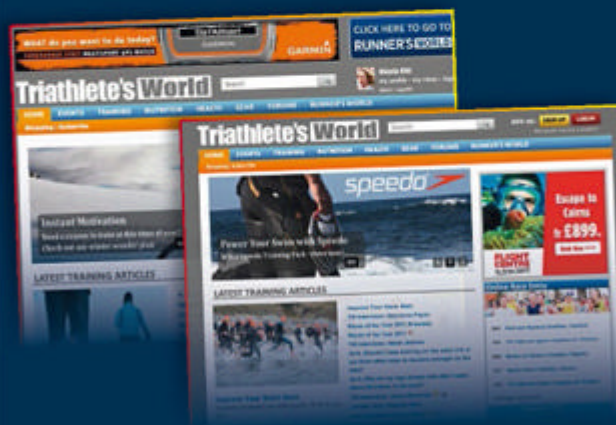
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and be part of a growing community**

RACE FINDER

THE BEST UK EVENTS IN MARCH

Your Top Rated

March's best races as voted for by you*

1

98%

•TRAIL •RURAL •HILLY

Leith Hill Half Marathon

When? March 8

Where? Surrey

This came in at number nine in our roundup of the UK's 50 Best Races (RW, Feb). It's a brutal multiterrain run with over 550m of climb - including a long haul up Leith Hill. Stick some muscle rub in your kit bag. **p122**

2

98%

•ROAD •RURAL

ALDI Ashby 20

When? March 22

Where? Leicestershire

A popular option for runners who want a race to double as a long training run. Thanks to brilliant organisation and a testing course, it sells out quickly, so if you've missed out this year make a note to get in early next time. **p125**

3

97%

•ROAD •RURAL •FLAT

Gainsborough and Morton Striders 10K

When? March 15

Where? Lincolnshire

This will be the fourth outing for this speedy road race, which attracts a fair number of PB-hunters and club runners each year. For £13 you'll get a flat, wide course, a hefty goody bag and a medal. **p123**

4

86%

•ROAD •URBAN •RURAL •FLAT

Surrey Half Marathon

When? March 8

Where? Woking

If you're looking for a half with atmosphere but not the overcrowding of mass events this is a decent option. It attracts about 5,500 runners and you'll be guided round the streets of Woking by a pace team running at seven different speeds. **p122**

5

85%

•ROAD •URBAN •RURAL

City of Salisbury 10-Mile Road Race

When? March 8

Where? Wiltshire

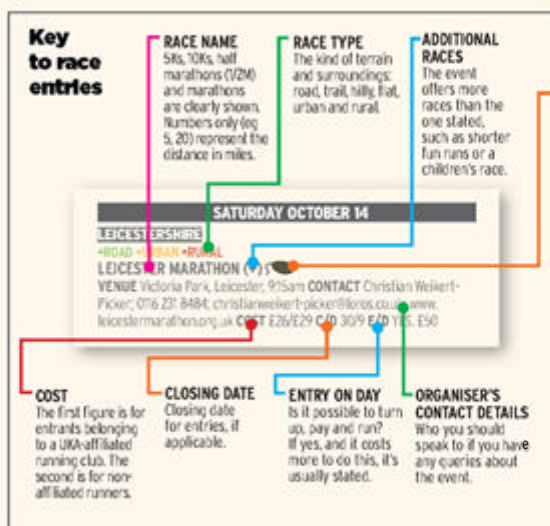
This starts in the town centre but takes the 800-strong field into the surrounding countryside, along the banks of the River Avon and through Woodford Valley, meaning the views are terrific. **p123**

Taken from RW online 2014 ratings (events with 25+ ratings only)

How to use Race Finder

It's pretty easy - just follow the key below. Calendars at the ready!

Race Finder lists UK races that take place during the month stated on the cover, at a minimum. This issue runs from **Sunday March 1** through to **Sunday April 12**. Simply decide when you want to race and find that day's events listed by region. Info is provided by race organisers and may be edited because of limited space. Find more extensive listings and an interactive search tool at **runnersworld.co.uk/events**. Just log on and sign up!



RW online entry

Signing up for events marked with this flash couldn't be simpler.

- ➔ Go to **runnersworld.co.uk/events** and search for the race you want to enter by name.
- ➔ Click 'Enter Online'.
- ➔ Select the category of race you wish to enter (whether you are affiliated to a running club or non-affiliated).
- ➔ Enter your details and pay online.
- ➔ Then you'll be sent a confirmation email. It's as simple as that.

SUNDAY MARCH 1

CHESHIRE

•TRAIL •RURAL

AGE UK TATTON PARK 10K

VENUE Tatton Mere, Knutsford, 10am **CONTACT** Fiona Jerman; 08001 698 787; 07771 533 147; 10k@ageuk.org.uk; ageuk.org.uk/10k **COST** £14/£16 **C/D** 25/2 **E/D** YES, +£2

•ROAD •RURAL

HIGH LEGH ROBERT MOFFAT MEMORIAL

10K ROAD RACE

VENUE High Legh Primary School, Wrenshot Lane, High Legh, 11am **CONTACT** Kieran Walshe; raceadmin@highlegh10k.org.uk; www.highlegh10k.org.uk **COST** £15/£17 **E/D** NO

CUMBRIA

•ROAD •RURAL

HAWESWATER HALF MARATHON

VENUE Bampton, Penrith, 11:30am **CONTACT** Haweswater Half Marathon, c/o UKResults; joolsk@btinternet.com; www.edenrunners.co.uk **COST** £15/£17 **C/D** 21/2 **E/D** YES, £18

•TRAIL •RURAL

MONTANE TRAIL 10 MARMALADE RUN

VENUE Horse and Farrier Public House, Dacre, Penrith, 9:30am **CONTACT** Chris Kitchin; chriskitchin@epicevents.co.uk; www.trail26.com/ultratrail26/dalemain-march-1st-2015.html **COST** £20 **C/D** 27/2 **E/D** NO

ESSEX

•TRAIL •RURAL

ST PETER'S WAY ULTRA 45M

VENUE Ongar, 8am **CONTACT** Lindley Chambers; 07809 330 900; info@challenge-running.co.uk; www.challenge-running.co.uk **COST** £50/£52 **E/D** NO

HERTFORDSHIRE

•ROAD •URBAN •RURAL

BERKHAMSTED HALF MARATHON (+)

VENUE Berkhamsted Cricket Club, Castle Hill, Berkhamsted, 10am **CONTACT** Peter Robertson; 01442 879 400; office@robertsonassociates.co.uk; www.berkorun.com **COST** £20/£22 **C/D** 20/2 **E/D** YES, +£2

KENT

•TRAIL •RURAL

BHF BRANDS HATCH HALF MARATHON (+)

VENUE Brands Hatch, Fawkham, Longfield, 10:30am **CONTACT** Events Team; 0845 130 8663; events@bhf.org.uk; www.bhf.org.uk/brandshatch **COST** £26 **C/D** 20/2 **E/D** NO

LANCASHIRE

•ROAD •FLAT

STANLEY PARK 10K BLACKPOOL (2)

VENUE Sports Centre, West Park Drive, Blackpool, 11am **CONTACT** Lewis McAndrew; admin@fyldecostrunning.org; www.fyldecostrunning.org **COST** £12/£14 **C/D** 14/11 **E/D** YES, +£5

•TRAIL •RURAL

THE TROTTERS' FIVE MILES

VENUE Smithills Coaching House, Off Smithills Dean Road, Bolton, 10am **CONTACT** Peter Hopley; 07799 142 449; 01254 832 220 (eve); pete.hopley@gmail.com; www.burndenroadrunners.co.uk **COST** £10/£12 **C/D** 23/2 **E/D** YES, +£2

LONDON

•ROAD

REGENT'S PARK GRAND PRIX 10K WINTER SERIES

VENUE Regent's Park (start location is near The Hub), London, 9:15am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £14/£16 **C/D** 27/2 **E/D** YES, +£2

•ROAD

THE GREENWICH MERIDIAN 10K ROAD RACE

(INCORPORATING THE PAUL LEWIS MEMORIAL RACE)

(+) VENUE Greenwich Park, Greenwich, 10am **CONTACT** The 01322 662 992; david@kitcher.eclipse.co.uk; www.cambridgeharriers.org.uk **COST** £11.50/£13.50 **C/D** 21/2 **E/D** YES, +£6.50

MIDDLESEX

•TRAIL •FLAT

BUSHY PARK 10K

VENUE Diana Car Park, Hampton Court Gate, Hampton, 10:30am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £13 **C/D** 23/2 **E/D** YES

OXFORDSHIRE

•TRAIL •RURAL

GORING 10K

VENUE Goring, 11am **CONTACT** Goring 10k; goring10k@goolemail.com; www.goring10k.co.uk **COST** £16/£18 **E/D** NO

SCOTLAND

•ROAD •FLAT

RESOLUTION RUN 5K/10K - EDINBURGH

VENUE Cramond Foreshore, Edinburgh, 10:30am **CONTACT** Sophia Rappley; 0131 555 7251; scotlandfundraising@stroke.org.uk; www.stroke.org.uk/resolution **COST** £12.50 **E/D** YES, +£2.50

SOMERSET

•TRAIL •RURAL

SLAY THE DRAGON 10K (+)

VENUE St George Village Hall, Hinton St George, 10:30am
CONTACT Jason Brown; www.slaythedragon.co.uk COST
£10 C/D 23/2 E/D YES, +£2

STAFFORDSHIRE

•ROAD •URBAN •RURAL

CHEADLE SPRING 5M (+)

VENUE Station Road, Cheadle, Stoke-on-Trent, 10am
CONTACT Barrie Clutton; www.cheadlerunningclub.com
COST £7/£9 C/D 21/2 E/D YES, +£2

SUSSEX

•ROAD •URBAN •RURAL

EASTBOURNE HALF MARATHON (+)

VENUE Princes Park, Royal Parade, Eastbourne, 10am
CONTACT Rupert Ashford; run@eastbournehalf.co.uk; www.
eastbournehalf.co.uk COST £20/£22 E/D YES, £25

•TRAIL •RURAL

STEYNING STINGER MARATHON (+)

VENUE Steyning Grammar School, Shooting Field,
Steyning, 8:30am CONTACT Cherry Neate; cherry@
cneate.co.uk; www.steyningac.co.uk COST £25/£27 C/D
20/2 E/D NO

WALES

•ROAD •URBAN •RURAL

ADMIRAL CITY OF NEWPORT HALF MARATHON

VENUE Newport Centre, 1 Kingsway, Newport, 9am
CONTACT Christine Vorres; 01633 851 051; christine.vorres@
stdavidshospicecare.org; www.cityofnewporthalfmarathon.
com COST £26 C/D 21/2 E/D NO

WEST MIDLANDS

•ROAD •URBAN •RURAL

COVENTRY HALF MARATHON

VENUE Coventry, 9am CONTACT G02 Events; 0845 308
4003; info@go2events.org.uk; www.coventryhalf.com/
COST - E/D NO

YORKSHIRE

HAGLOFS OPENS ADVENTURE RACE

VENUE Knight Stainforth Hall, Stainforth, 9:30am
CONTACT Nicki Barron; 01539 531 048; nicki@
openadventure.com; www.openadventure.com/open5/
COST £28 E/D YES, +£7

SATURDAY MARCH 7

AVON

•TRAIL •URBAN •RURAL

THE GREEN MAN ULTRA (+)

VENUE To Be Confirmed, Bristol, 8am CONTACT Steven
Worrallo; 01905 621 646; 07860 418 040; steven.worrallo@
btconnect.com; www.ultrarunningitld.uk.com COST £59
C/D 28/2 E/D NO

BERKSHIRE

•ROAD •FLAT

RUN ETON DORNEY 10K (+)

VENUE Eton Dorney Rowing Lake, Eton Dorney, Nr Windsor,
1:30pm CONTACT Ben Mason; 07540 902 612; bookings@
votwo.co.uk; www.votwo.co.uk COST £18 E/D YES, +£2

CAMBRIDGESHIRE

•TRAIL •FLAT

NIGHT RUN EVENT SERIES - NATIONAL TRUST

(WIMPOLE ESTATE)
VENUE Arrington, Royston, Cambridge, 6:15pm CONTACT
National Trust; 03332 400 463; info@ntnightrun.co.uk;
www.nationaltrust.org.uk/article13558 480 50122/
COST £15 E/D YES, +£2.50

DERBYSHIRE

•ROAD •FLAT

NO WALK IN THE PARK 5K (+)

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am
CONTACT John Cannon; 07902 249 316; 01246 566 458;
j.cannon846@btinternet.com; northderbyshirercc.jimdo.
com/ COST £3/£5 E/D ONLY

LONDON

•ROAD

QEOP WINTER 10KM SERIES

VENUE Queen Elizabeth Olympic Park, London, 9:30am
CONTACT Craig Thornton; 07740 554 190; info@
theraceorganiser.com; www.qeoprac.com COST £15/£17
C/D 1/3 E/D YES

NORTHAMPTONSHIRE

•ROAD •FLAT

BLACKLIGHT RUN UK NORTHAMPTON

VENUE The Saints, Edgar Mobbs Way, Northampton,
6pm CONTACT Hayley Jelley; 01933 353 216; hayley@
justrunninguk.com; www.blacklightrun.co.uk/ COST - E/D NO

SHROPSHIRE

•ROAD •FLAT

THE GROUNDHOG MARATHON RACE 2015

VENUE Telford Athletics Stadium, New Rd,
Wrockwain Wood, Telford, 10am CONTACT
Denzil Martin; denzil@codrc.co.uk; www.codrc.co.uk
COST £26/£28 C/D 1/3 E/D NO

WALES

•TRAIL •RURAL

NITRO NORTH 2015

VENUE Clwyd Forest Country Park, Bwlch Penbarras, Mold,
7pm CONTACT Graeme Corlett; info@thisonecounts.co.uk;
www.thisonecounts.co.uk/events/andracres.htm COST £20
C/D 28/2 E/D YES, +£5

•ROAD •RURAL

RHAYADER ROUND THE LAKES 20-MILE ROAD

RACE (+)
VENUE Rhayader Leisure Centre, Dark Lane, Rhayader,
1pm CONTACT Chris Martin; 07935 813 572; mariagmartin@
hotmail.co.uk; www.roundthelakes.org.uk COST £18/£20
C/D 28/2 E/D YES, +£2

YORKSHIRE

•TRAIL •RURAL

FALCON FLYER (+)

VENUE Ravenscar Village Hall, Ravenscar, 9am CONTACT
David Swales; 01904 421 376; swalesdavid@hotmail.com;
www.srmrt.org.uk COST £15 C/D 26/2 E/D YES, +£5

SUNDAY MARCH 8

BUCKINGHAMSHIRE

•ROAD •URBAN •RURAL

MILTON KEYNES FESTIVAL OF RUNNING 20M (+)

VENUE Xscape Centre, 602 Marlborough Gate, Milton
Keynes, 9:50am CONTACT John Gladwin; info@mkrun.
co.uk; www.mkrun.co.uk COST £27/£29 C/D 5/3 E/D NO

CHESHIRE

•ROAD

ASICS OULTON PARK HALF MARATHON AND 10K

VENUE Oulton Park Motor Racing Circuit, Little Budworth,
Tarporley, 12:30am CONTACT Xtra Mile Events; 0161 928
6795; info@xtramileevents.com; www.xtramileevents.com
COST - E/D NO

DERBYSHIRE

•ROAD •URBAN

DRONFIELD 10K (+)

VENUE Pentland Road, Dronfield Woodhouse, Dronfield,
10am CONTACT Dronfield 10k; info@dronfield10k.co.uk;
www.dronfield10k.co.uk COST £14.50/£16.50 C/D 1/3 E/D NO

DORSET

•TRAIL •RURAL

GREAT WESTERN 10K (+)

VENUE Leweston School, Sherborne, 11am CONTACT
Lesley Nesbitt; 01935 422 971; 07436 013 862; lesley.218@
hotmail.co.uk; www.yeoviltownrrc.com COST £8/£10 C/D
6/3 E/D YES, +£2

ESSEX

•ROAD •URBAN

RODING VALLEY HALF MARATHON

VENUE Ashton Playing Fields, Chigwell Road, Woodford
Green, 9am CONTACT David Hollingworth; 07979 905 805;
020 8418 0521; dhollingworth@btconnect.com; www.rvfm.
org.uk COST £18/£20 C/D 27/2 E/D YES, +£2

GLOUCESTERSHIRE

•ROAD •RURAL

GLOUCESTER 20

VENUE Kingsway Sports Pavilion, Naas Lane Link Road,
Kingsway, Gloucester, 10:30am CONTACT Andy McKenzie;
director20@glooucesterac.co.uk; www.glooucesterac.co.uk
COST £20/£22 E/D NO

GREATER MANCHESTER

•TRAIL

RESOLUTION 5/10/15K RUN - HEATON PARK,

VENUE Heaton Park, Manchester, 11am CONTACT
Annie Moran; 0161 742 7485; resolution@stroke.org.uk;
www.stroke.org.uk/event/resolution-run-heaton-park-
manchester-0 COST £12.50 C/D 20/2 E/D YES, +£2.50

KENT

•TRAIL

BVAC OPEN 5-MILE CROSS-COUNTRY

VENUE Spring Park Woods/Sparrows Den, West Wickham,
Bromley, 10:30am CONTACT Simon Cowie; admin@
bromleyvetsac.org.uk; www.bromleyvetsac.org.uk COST
£8/£10 C/D 28/2 E/D YES, £12

•ROAD •RURAL •FLAT

LYDD HALF MARATHON (+)

VENUE Banks Sports Club, Dennes Lane, Lydd, 10am
CONTACT Martin Burke; 01797 230 009; info@nice-work.
org.uk; www.nice-work.org.uk COST £18/£20 C/D 5/3 E/D
YES, £25

•ROAD •URBAN •RURAL

MAIDSTONE 10K

VENUE Cornwallis Academy, Maidstone, 10am CONTACT
Richard Neville; 01622 790 195; richard.neville@hokh.co.uk;
www.hokh.org.uk/events/detail/maidstone-10k-run-run COST
£15.50/£18 C/D 1/3 E/D YES, £25

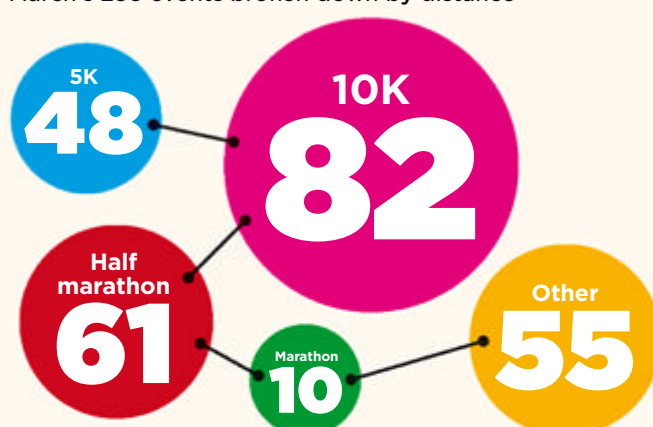
•ROAD •URBAN •FLAT

SIDCUP 10M

VENUE Chislehurst and Sidcup Grammar School, Hurst
Road, Sidcup, 10am CONTACT info@kentac.org.uk; www.

Going the distance

March's 256 events broken down by distance



kentac.org.uk/sidcup-10 COST £16/£18 C/D 2/3 E/D YES, +£2

•ROAD •RURAL •FLAT

THE LYDD 20 MILE (+)

VENUE Banks Sports & Social Club, Dennes Lane, Lydd,
10am CONTACT Martin Burke; 01797 230 009; martin@
nice-work.org.uk; www.nice-work.org.uk COST £18/£20 C/D
1/3 E/D YES, £25

MIDDLESEX

•ROAD •URBAN •RURAL

FINCHLEY 20

VENUE Hillingdon Athletic Club, 206 Bury Street, Ruislip,
9am CONTACT David Smith; events@activetrainingworld.
co.uk; www.hillingdonac.co.uk/120/ COST £23/£25 C/D
28/2 E/D NO

NORFOLK

•ROAD •URBAN •RURAL

BROADLAND HALF MARATHON 2015

VENUE South Walsham Village Hall, South Walsham,
9:30am CONTACT Richard Thornhill; richard777thornhill@
gmail.com; www.norwichroadrunners.com COST £18/£20
C/D 2/3 E/D YES

NORTHAMPTONSHIRE

•ROAD •RURAL

BATTLEFIELD HALF MARATHON (+)

VENUE Naseby Village Hall, Naseby, 9am CONTACT John
Tanton; 07963 428 727; john@onyourmarksevents.org; www.
onyourmarksevents.org COST £12 E/D YES

NOTTINGHAMSHIRE

•ROAD •URBAN •RURAL

RETFORD HALF MARATHON 2015 (+)

VENUE Retford Oaks Academy, Babworth Road, Retford,
Retford, 10am CONTACT Justin Bramall; RetfordHalf@
googlemail.com; www.retfordac.co.uk/retford-half-
marathon-c29.html COST £16/£18 C/D 4/3 E/D YES, +£2

SCOTLAND

•TRAIL •RURAL •FLAT

LINDSAYS BORDERS MARATHON & RELAY (+)

VENUE Golf Course Road, Kelso, 9am CONTACT Chris
Renton; 07702 070 696; cfr38@hotmail.com; www.
melroesoadraces.com COST £26/£28 E/D NO

•ROAD •FLAT

RESOLUTION RUN 10K - GLASGOW (+)

VENUE Glasgow Green, Glasgow, 10:30am CONTACT Sophia
Rapley; 0131 555 7251; scotlandfundraising@stroke.org.uk;
www.stroke.org.uk/resolution COST £12.50 E/D YES, +£2.50

SOMERSET

•ROAD •RURAL

COMBE ST NICHOLAS 10K (+)

VENUE Combe St Nicholas, Chard, 10:45am CONTACT
Meghann Weiss; 01460 239 403; Combe10k@hotmail.co.
uk; https://slp3.somerset.gov.uk/schools/combestnicholas
lasprimary/default.aspx COST £8/£9 C/D 1/3
E/D YES, +£1

•TRAIL •RURAL •HILLY

THE BIG CHEESE

VENUE Fairlands School, Masons Way, Cheddar, 10am
CONTACT Andy Rich; CheddarRunningClub@gmail.com;
cheddarrunningclub.co.uk/the-big-cheese/ COST £10/£11
C/D 1/3 E/D NO

STAFFORDSHIRE

•ROAD •RURAL

NEW BALANCE STAFFORD 20

VENUE Staffordshire University, Beaconside, Stafford,
10:30am CONTACT Ken Rushton; 01782 330 953; 07795 567
799; kennrushton54@gmail.com; www.salsager5.co.uk COST
£10.50/£12.50 C/D 1/3 E/D YES, +£2

SURREY

•ROAD •URBAN •RURAL •FLAT

SURREY HALF MARATHON (+)

VENUE Woking Park, Kingfield Rd, Woking, 9am CONTACT
Becky Russell; hello@surreyhalfmarathon.co.uk; www.
surreyhalfmarathon.co.uk COST £36/£38 E/D NO

•TRAIL •RURAL •HILLY

THE TRIONIUM UK WIFE-CARRYING RACE

VENUE The Priory School, West Bank, Dorking, 10:30am
CONTACT Robert McCaffrey; www.trionium.com/wife
COST £28/£30 E/D NO

•TRAIL •RURAL •HILLY

TRIONIUM LEITH HILL HALF MARATHON

VENUE The Priory School, West Bank, Dorking, 11am
CONTACT Robert McCaffrey; www.trionium.com
COST £36/£38 E/D NO

SUSSEX

•TRAIL •RURAL

HENFIELD NINE MILE RUN 'IN CONJUNCTION WITH

HENFIELD JOGGERS)

VENUE Henfield Leisure Centre, The King's Field,
Northcroft, Henfield, 10:30am CONTACT Simon Thompson;
01273 494 984; simonthompson@henfieldleisure.org.uk;
www.henfieldleisurecentre.co.uk COST £9 C/D 1/3 E/D
YES, +£1

WALES

•ROAD •RURAL •FLAT

LLANELLI WATERSIDE HALF MARATHON (+)

VENUE Par y Scarlets, Pemberton, Llanelli, 9am CONTACT
Tim Gasser; 01554 758 036; enquiries@humanbeingactive.
org; www.humanbeingactive.org COST £28/£30
C/D 3/3 E/D NO

WILTSHIRE

•ROAD •URBAN •RURAL

CITY OF SALISBURY 10-MILE ROAD RACE

VENUE Five Rivers Leisure Centre, Salisbury, 10:30am
CONTACT Judy Flint; salisbury10@salisbury-arc.org.uk;
salisbury-arc.org COST £13/£15 C/D 28/2 E/D YES, +£2

•TRAIL •RURAL

IMBER ULTRA

VENUE Leighton Recreation Centre, Wellhead Lane,
Westbury, 9am CONTACT Richard Hudson; richard100.
hudson@gmail.com; imber-ultra.org COST £30/£32 C/D
1/3 E/D NO

•ROAD •URBAN •RURAL

THE DEVIZES HALF MARATHON

VENUE The Green, Devizes, 9:30am CONTACT Luke
Shipway; 07595 449 480; 07802 447 873; info@
eventslogicuk.com; www.eventslogicuk.com/event/devizes-
half-marathon15/137 COST £18.50/£20.50 C/D 5/3 E/D NO

YORKSHIRE

•TRAIL •RURAL

AGE UK HAREWOOD HOUSE 10K

VENUE Harewood House, Leeds, 10am CONTACT Fiona
Jerman; 08001 698 787; sophie.gray@ageuk.org.uk; www.
ageuk.org.uk/10k COST £14/£16 C/D 4/3 E/D YES, +£2

THURSDAY MARCH 12

GLOUCESTERSHIRE

•TRAIL •RURAL

NIGHT RACE 4 (OF A SERIES OF 4)

VENUE Mallards Pike, Fob, Lydney, 7:30pm CONTACT Paul
Dodds; admin@rogueuruns.co.uk; www.rogueuruns.co.uk COST
£12/£14 C/D 7/3 E/D YES, +£2

SATURDAY MARCH 14

CORNWALL

•TRAIL •RURAL

BARB

VENUE Bodmin Airfield, Bodmin, 7am **CONTACT** Philip Bullen; 07703 057 070; info@bodminultra.co.uk; www.bodminultra.co.uk **COST** 18C **E/D** NO

DEVON

•**TRAIL** •**RURAL** •**HILLY**

THE MOONLIGHT FLIT HALF-MARATHON TRAIL RACE (+)

VENUE Seven Stars Hotel, The Plains, Totnes, 6pm **CONTACT** Ben Tisdall; 07866 567 894; enquiries@wildnightrun.co.uk; www.wildnightrun.co.uk **COST** £20.95/£22.95 **E/D** NO

HERTFORDSHIRE

•**TRAIL** •**RURAL** •**HILLY**

ASHRIDGE BOUNDARY RUN

VENUE Bridgewater Monument, Ashridge Estate, Ringshall, 10am **CONTACT** Anthony Kent; admin@ashridgeboundaryrun.co.uk; ashridgeboundaryrun.co.uk **COST** £18.50/£19.50 **C/D** 1/3 **E/D** YES, +£2

LONDON

•**ROAD** •**FLAT**

BRITISH HEART FOUNDATION REGENT'S PARK RUN (+)

VENUE Regent's Park, Chester Rd, London, 10am **CONTACT** Graham Morgan; 0845 130 8663; morgang@bhf.org.uk; bhf.org.uk/regentsparkrun **COST** £13 **C/D** 1/3 **E/D** YES, +£7

SCOTLAND

•**TRAIL** •**RURAL** •**HILLY**

THE MIGHTY DEERSTALKER (+)

VENUE Traquair House, Innerleithen, 5:45pm **CONTACT** Rat Race; 01904 409 401; events@ratrace.com; www.mightydeerstalker.com/ **COST** - **E/D** NO

SHROPSHIRE

•**TRAIL** •**FLAT**

NIGHT RUN EVENT SERIES - NATIONAL TRUST (ATTINGHAM PARK)

VENUE Atcham, Shrewsbury, Shropshire, 5pm **CONTACT** National Trust; 03332 400 463; info@ntnightrun.co.uk; www.nationaltrust.org.uk/article/13558 480 50122 **COST** £15 **C/D** 12/9 **E/D** YES, +£2.50

SURREY

•**TRAIL**

BRUTAL WINDMILL HILL

VENUE Windmill Hill, Near Frimley, 10am **CONTACT** Becky Russell; becky@aat-events.com **COST** £18 **E/D** YES, +£7

•**TRAIL** •**RURAL** •**FLAT**

THAMES MEANDER MARATHON - TRIPLE CROWN SERIES (+)

VENUE YMCA Hawker Centre, Lower Ham Road, Kingston, 10am **CONTACT** David Ross; 0798 454 0177; runningman67@hotmail.co.uk; www.hermesrunning.com **COST** £75/£80 **C/D** 10/3 **E/D** NO

WALES

•**TRAIL** •**RURAL**

LOGGERHEADS TRAIL 10K

VENUE Loggerheads Country Park, Ruthin Road, Mold, 10:30am **CONTACT** Joe Cooper; 07875 404 922; joe.fitness@yahoo.com; www.out-fit.org.uk **COST** £12 **C/D** 12/3 **E/D** YES

WARWICKSHIRE

•**ROAD** •**RURAL** •**FLAT**

RACEWAYS SPRING MARATHON (+)

VENUE Long Marston Airfield, Stratford Upon Avon, 10am **CONTACT** Joanna Welch; 07711 349 592; office@raceways.eu; www.raceways.eu **COST** £28/£30 **C/D** 7/11 **E/D** NO

SUNDAY MARCH 15**CHESHIRE**

•**TRAIL** •**RURAL**

RESOLUTION 5/10/15K RUN - DELAMERE FOREST, CHESHIRE

VENUE Delamere Forest, Delamere, 11am **CONTACT** Laura McMullin; 0161 742 7485; resolution@stroke.org.uk; www.stroke.org.uk/event/resolution-run-delamere-forest **COST** £12.50 **E/D** YES, +£2.50

DORSET

•**ROAD** •**URBAN** •**FLAT**

WEYMOUTH HALF MARATHON (+)

VENUE Weymouth Pavillion, The Esplanade, Weymouth, 8:30am **CONTACT** Vicky Ayliff; philippa@justtracinguk.com; justtracinguk.com/event/2015/weymouth-half-marathon **COST** £25/£28 **E/D** NO

GLOUCESTERSHIRE

•**ROAD** •**URBAN** •**RURAL**

MINCHINHAMPTON 10K (+)

VENUE Minchinhampton Primary School, Minchinhampton, 10am **CONTACT** Simon Barnes; 01453 353 102; 07939 102 102; events@iamoutdoors.co.uk; iamoutdoors.uk/minchinhampton10k/ **COST** £16/£18 **E/D** NO

HAMPSHIRE

•**TRAIL** •**RURAL** •**HILLY**

MEON VALLEY PLOD

VENUE Queen Elizabeth Country Park, Waterlooville,

10:30am **CONTACT** Teresa Baverstock; 07810 371 411; mvp@pjc.org.uk; pjc.org.uk/ **COST** £18/£20 **C/D** 11/3 **E/D** YES, +£2

KENT

•**ROAD** •**URBAN** •**RURAL**

DARTFORD HALF MARATHON 2015

VENUE Central Park Arena, Cranford Road, Dartford, 9:30am **CONTACT** Steven Caller; stevencaller@hotmail.co.uk; dartfordhalfmarathon.co.uk/ **COST** £21/£23 **C/D** 13/3 **E/D** YES, £25

•**ROAD** •**RURAL** •**FLAT**

DYMCHURCH 10K CHARITY FUN RUN

VENUE Dymchurch Sea Wall, The Slipway, Dymchurch, 11am **CONTACT** Mark Caswell; 07977 831 519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £14 **C/D** 10/3 **E/D** YES

•**TRAIL**

SEVENOAKS ROTARY KNOLE PARK 10K (+)

VENUE Knole Park, Sevenoaks, 11am **CONTACT** Bryan Partridge; 01732 884 696; brpartridge@gmail.com; www.sevenoaksrotary10k.co.uk **COST** £12/£14 **C/D** 8/3 **E/D** YES, £17

LANCASHIRE

•**ROAD** •**URBAN** •**RURAL** •**FLAT**

SWEATSHOP 10 MILE

VENUE Bispham Fire Station, Red Bank Road, Bispham, 11am **CONTACT** David Waywell; 01253 932 715; 07762 283 626; DaveWaywell@lancsfirerescue.org.uk; www.ukresults.net **COST** £8/£10 **C/D** 9/3 **E/D** YES, +£2

LEICESTERSHIRE**LOUGHBOROUGH HALF MARATHON**

VENUE Market Place, Loughborough **CONTACT** Michele Walker; michele@lwa.org.uk; www.loughboroughhalf.co.uk **COST** -

LINCOLNSHIRE

•**ROAD** •**RURAL** •**FLAT**

GAINSBOROUGH AND MORTON STRIDERS 10K

VENUE Morton Primary School, Morton Village, Gainsborough, DN21 3AH **CONTACT** gainsboroughrunningclub.co.uk **COST** £13 **E/D** NO

•**ROAD** •**RURAL**

NEWTON'S FRACTION HALF MARATHON (+)

VENUE South Kesteven Sports Stadium, Trent Road, Grantham, 10:30am **CONTACT** Tony Madge; 07801 257 435; fractionentries@granthamac.com; www.granthamac.com/nf/ **COST** £18/£20 **C/D** 12/3 **E/D** NO

LONDON

•**TRAIL** •**FLAT**

CAPITAL RUNNERS BUSHY PARK 10K

VENUE Bushy Park, Hampton, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 **C/D** 11/3 **E/D** YES, £20

•**ROAD** •**URBAN**

VITALITY NORTH LONDON HALF MARATHON

VENUE Brent, 9am **CONTACT** Info Go2Events; info@go2events.org.uk; www.go2events.org.uk/events/1813-vitality-north-london-half-marathon/ **COST** - **E/D** NO

•**ROAD** •**URBAN** •**RURAL**

WIMBLEDON HALF MARATHON

VENUE Wimbledon Common, Rushmore Pond, Wimbledon, 9am **CONTACT** Race Secretary admin@energizedsports.com; www.energizedsports.com **COST** £19/£21 **E/D** YES, £35

NORTHAMPTONSHIRE

•**ROAD** •**FLAT**

ADIDAS SILVERSTONE HALF MARATHON

VENUE Silverstone Race Circuit, Towcester, Buckingham, Midnight **CONTACT** The London Marathon Ltd; 020 7902 0200; helpdesk@london-marathon.co.uk; www.adidashalfmarathon.co.uk **COST** £18/£20 **E/D** NO

OXFORDSHIRE

•**TRAIL** •**RURAL**

CHOLSEY CHASE (+)

VENUE Cholsey Pavillion, Station Road, Cholsey, 10:30am **CONTACT** Ellie Barnes; 01189 882 444; 07872 805 883; info@barnesfitness.co.uk; www.barnesfitness.co.uk/sports-events/cholsey-chase **COST** £16/£18 **C/D** 13/3 **E/D** YES, +£3

SCOTLAND

•**TRAIL**

RESOLUTION RUN 10K - DUNDEE (+)

VENUE Camperdown Park, Dundee, 10:30am **CONTACT** Sophia Ropley; 0131 555 7251; scotlandfundraising@stroke.org.uk; www.stroke.org.uk/resolution **COST** £12.50 **E/D** YES, +£2.50

SUFFOLK

•**TRAIL**

MUD & MAYHEM THETFORD 10K

VENUE St Helens area, Thetford Forest, Brandon, 11:10am **CONTACT** Postal Entries; 07711 945 963; 07747 803 090; admin@gobeyondchallenge.co.uk; gobeyondsport.co.uk **COST** £16 **E/D** YES, +£4

SURREY

•**ROAD** •**URBAN**

LIDL KINGSTON BREAKFAST RUN (+)

VENUE Guildhall, High Street, Kingston Upon Thames, 8am **CONTACT** Human Race Events; chris.atkinson@humanrace.co.uk; humanrace.co.uk/events/running/breakfast-run **COST** - **E/D** NO

•**TRAIL** •**URBAN** •**RURAL** •**FLAT**

RIVER THAMES HALF MARATHON

VENUE Walton Bridge, Walton-on-Thames, 8:30am **CONTACT** Roy Reeder; 020 8941 4015; riverthamesrunning@hotmail.co.uk; www.riverthamesrunning.com **COST** £26/£28 **E/D** NO

WILTSHIRE

•**TRAIL** •**RURAL**

BHF LONGLEAT HALF MARATHON

VENUE Longleat House, Warminster, 8:45am **CONTACT** Events Team; 0845 130 8663; events@bhf.org.uk; www.bhf.org.uk/longleat **COST** £26 **C/D** 1/3 **E/D** NO

•**TRAIL** •**RURAL**

FLYING MONK 10M (+)

VENUE Charlton Park Estate, Crudwell Road, Malmesbury, 10am **CONTACT** Lorraine Ferris; 01793 853 933; triferis@btinternet.com; www.triferis.com/flyingmonk10/index.html **COST** £12/£14 **E/D** NO

•**TRAIL** •**RURAL** •**HILLY**

LARMER TREE MARATHON (+)

VENUE Larmer Tree Gardens, Rushmore Estate, Tollard Royal, 9am **CONTACT** Race Director; 07930 335 746; andy@whitestarrunning.co.uk; www.whitestarrunning.co.uk **COST** £32/£34 **C/D** 8/3 **E/D** NO

•**ROAD** •**URBAN** •**RURAL**

MALMESBURY HALF MARATHON (PROVISIONAL)

VENUE St Aldhelms Mead, Malmesbury, 10:30am **CONTACT** James Higgs; 07929 059 796; james@dbmax.co.uk; www.dbmax.co.uk/event/item/malmesbury-half-marathon-2.html **COST** £19.50/£21.50 **E/D** YES, +£3.50

YORKSHIRE

•**ROAD** •**URBAN**

KEIGHLEY BIGK 10K

VENUE Victoria Park, Hard Ings Road, Keighley, 9am **CONTACT** Matthew Palmer; 01535 640 176; 07891 124 798; andrew.wood@sueryder.org; bigk10k.org.uk **COST** £12 **C/D** 13/3 **E/D** YES, +£3

SATURDAY MARCH 21**BERKSHIRE**

•**ROAD** •**RURAL** •**FLAT**

HOT CHOCOLATE PRE LONDON - HALF MARATHON - DORNEY LAKE, WINDSOR

VENUE Eton College Rowing Centre, Dorney Lake, Windsor, 9:30am **CONTACT** Martyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk **COST** £25.50 **E/D** NO

DEVON

•**TRAIL** •**RURAL**

ROCK SOLID RACE ESCOT PARK (+)

VENUE Escot Park, Ottery St Mary, Exeter, 10am **CONTACT** Alun Williams; 07540 387 074; info@rocksolidrace.com; www.rocksolidrace.com **COST** £31 **E/D** YES

GLOUCESTERSHIRE

•**ROAD** •**RURAL** •**FLAT**

20/20 FISSION

VENUE Berkeley (southwest of Stroud), 9am **CONTACT** Paul Dodd; admin@rogueunruns.co.uk; https://sites.google.com/site/rogueunsevents/home/our-events/20-20-fission **COST** £16/£18 **C/D** 15/3 **E/D** YES, +£2

HAMPSHIRE

•**TRAIL** •**RURAL**

LIGHT UP THE NIGHT 5KM

VENUE Red Shoot Camping Park, Linwood, Ringwood, 7pm **CONTACT** Tim Peace; enquiries@raffine.eu.com; www.lightupthenightrun.co.uk **COST** £17 **C/D** 19/3 **E/D** NO

•**TRAIL** •**RURAL**

NEW FOREST LADIES ONLY 10KM

VENUE Red Shoot Camping Park, Linwood, Ringwood, 3:45pm **CONTACT** Tim Peace; enquiries@raffine.eu.com; www.newforestrunningfestival.co.uk **COST** £15 **C/D** 19/3 **E/D** NO

•**TRAIL** •**RURAL**

THE NEW FOREST 50KM ULTRA

VENUE Red Shoot Camping Park, Linwood, Ringwood, 9:30am **CONTACT** Tim Peace; enquiries@raffine.eu.com; www.newforestrunningfestival.co.uk **COST** £52 **C/D** 19/3 **E/D** NO

STAFFORDSHIRE

•**TRAIL** •**RURAL** •**HILLY**

SCOTT SPORTS DIRTY DOZEN 2015

VENUE Tackeroo Camp Site, Rugeley, 10am **CONTACT** Matt Williams; matt@gorunandride.co.uk; www.gorunandride.co.uk/Events/Scott-Sports-Dirty-Dozen-2015 **COST** £17 **E/D** YES, +£3

SURREY

•**TRAIL** •**URBAN** •**RURAL** •**FLAT**

THE RICHMOND SPRING RIVERSIDE 10K 2015

VENUE Ham Street, Richmond, 9:30am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; thefixevents.com/richmond-spring-riverside-10k-2015 **COST** £18 **E/D** NO

SUSSEX

•**TRAIL** •**RURAL**

ENDURANCELIFE CTS SUSSEX (+)

VENUE Birling Gap, East Dean, 7am **CONTACT** James Barker; 01548 312 314; support@endurancelife.com; www.endurancelife.com/event-new.asp?series=82 **COST** £30 **E/D** NO

YORKSHIRE

•**TRAIL** •**RURAL**

HARDMOORS 55

VENUE Guisborough Rugby Club, Belmangate, Guisborough, 9am **CONTACT** Jonathan Steele; 01937 830 677; 07909 797 872; info@hardmoors10.org.uk; www.hardmoors10.org.uk **COST** £50 **C/D** 7/3 **E/D** NO

SUNDAY MARCH 22**BEDFORDSHIRE**

•**ROAD** •**RURAL**

LEIGHTON 10K

VENUE Vandyke Upper School, Vandyke Road, Leighton Buzzard, 9am **CONTACT** Kerry Whitford; 07876 347 405; racesecretary@leightonfunrunners.org.uk; leightonfunrunners.org.uk/leighton10k.html **COST** £12/£14 **C/D** 16/3 **E/D** YES, +£2

BERKSHIRE

•**ROAD** •**RURAL** •**FLAT**

HOT CHOCOLATE 20KM - DORNEY LAKE, WINDSOR, EVENT 3 (+)

VENUE Eton College Rowing Centre, Dorney Lake, Windsor, 12:15pm **CONTACT** Martyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk **COST** - **E/D** NO

BUCKINGHAMSHIRE

•**ROAD** •**RURAL**

GREAT HORWOOD MAD MARCH HARE 5K

VENUE Great Horwood School, School End, Great Horwood, 11am **CONTACT** Sheila Landymore; 01296 711 627; sheilalandymore@hotmail.co.uk; www.greathorwood.bucks.sch.uk/ **COST** £6 **C/D** 16/3 **E/D** YES, +£1

CHESHIRE

•**ROAD** •**RURAL**



THE SARSEN TRAIL & NEOLITHIC MARATHON

Avebury to Stonehenge
Sunday 3rd May 2015



Registration from
19th January 2015

In support of the
Wiltshire Wildlife Trust

www.wiltshirewildlife.org

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More children and adults under 40 die of a brain tumour than from any other cancer

EVERY STEP YOU MAKE TAKES US CLOSER TO A CURE

2015 BERLIN MARATHON
27th September

CONTACT US FOR MORE INFORMATION
OR TO REGISTER
01296 733011
run4@braintumourresearch.org

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www.braintumourresearch.org
Registered charity number 1153487 (England and Wales) Company limited by guarantee number 08570737 (England and Wales)

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BERLIN MARATHON

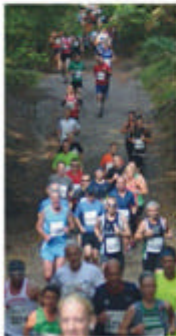
Sunday
27 September 2015

Running Breaks
Abroad with **Running Crazy**

www.runningcrazy.co.uk

Forest of Dean Half Marathon
29th March 2015

Chip timed
Traffic free single lap
Wide forest trails
Free Parking at event



Follow us on **twitter** @FoDHalf

www.forestofdean-halfmarathon.co.uk

10:30am **CONTACT** Penny Abbott; racedirector@fleethalfmarathon.com; www.fleethalfmarathon.com **COST** -

•TRAIL •RURAL
NEW FOREST 20-MILER (+)
VENUE Red Shoot Camping Park, Linwood, Ringwood, 9am
CONTACT Tim Peace; enquiries@raffine.eu.com; www.newforestrunningfestival.co.uk **COST** £30 **C/D** 19/3 **E/D** NO

HERTFORDSHIRE

•TRAIL •RURAL
GADE VALLEY HARRIERS 20-MILE MARATHON-TRAINING RUN
VENUE Boxmoor Cricket Club, St. Johns Road, Hemel Hempstead, 9:30am **CONTACT** Dave Wise; info@gadevalleyharriers.co.uk; www.gadevalleyharriers.co.uk/ london-marathon-training-runs/ **COST** £5 **E/D** ONLY

LEICESTERSHIRE

•ROAD •RURAL
ALDI ASHBY 20
VENUE Hood Park Leisure Centre, North street, Ashby-de-la-Zouch, 10am **CONTACT** Zoe Allery; 07809 697 252; info@ashby20.co.uk; www.ashby20.co.uk **COST** £23/£25 **E/D** NO

•ROAD •RURAL
STANFORD HALL HALF MARATHON AND 10K RUN (+)

VENUE Stanford Hall, Lutterworth, 10am **CONTACT** Victoria Ayliff; 01933 353 216 [day]; info@justtracinguk.com; www.justtracinguk.com **COST** £22/£25 **C/D** 17/3 **E/D** YES, +£6

LINCOLNSHIRE

•ROAD
LINCOLN 10K
VENUE Lincoln, 9:30am **CONTACT** info@runforall.com; www.runforall.com **COST** £23/£25 **E/D** NO

LONDON

•TRAIL
AGE UK CRYSTAL PALACE 10K
VENUE Crystal Palace Stadium, London, 10am **CONTACT** Fiona Jerman; 0800 169 8787; sophie.gray@ageuk.org.uk; www.ageuk.org.uk/10k **COST** £14/£16 **C/D** 18/3 **E/D** YES, +£2

•TRAIL
INNOVATION SPORTS VIVOBAREFOOT 10K RACE SERIES RACE 2015 (+)
VENUE Bandstand, Clapham Common, Clapham, 10am **CONTACT** Running Team; 0845 257 1160; running@innovationsports.co.uk; www.innovationsports.co.uk/enter-a-race.html **COST** £17.75 **C/D** 18/3 **E/D** YES, +£2.25

OXFORDSHIRE

•ROAD •RURAL
BANBURY 15
VENUE Spiceball Leisure Centre, Banbury, 10:30am
CONTACT Doug Scott; Banbury15@hotmail.co.uk; www.banburyharriers.org **COST** £13/£15 **C/D** 8/3 **E/D** YES, +£3

SCOTLAND

•ROAD
RESOLUTION RUN 10K (+) - KIRKCALDY
VENUE Beveridge Park, Kirkcaldy, 10:30am **CONTACT** Sophia Rapley; 0131 555 7251; scotlandfundraising@stroke.org.uk; www.stroke.org.uk/resolution **COST** £12.50 **E/D** YES, +£2.50

SUFFOLK

•ROAD •RURAL
STOWMARKET HALF MARATHON (+)
VENUE Tomlinson Groundcare, Hall Orchard, 1 Brettenham Road, Buxhall, 11am **CONTACT** Heidi Bingham; 07894 551 670; racedirector@stowmarketstriders.co.uk; www.stowmarketstriders.org.uk **COST** £12/£14 **C/D** 10/3 **E/D** YES, +£2

SURREY

•ROAD •URBAN •FLAT
BROOKLANDS HALF MARATHON AT MERCEDES WORLD
VENUE Mercedes-Benz World, Brooklands Drive, Weybridge, 8am **CONTACT** Mike Gratton; 01252 373 797; mike@209events.com; www.209events.com **COST** £35/£37 **C/D** 10/3 **E/D** NO

•TRAIL •URBAN •FLAT
SALOMON CITYTRAIL RICHMOND HALF MARATHON (+)
VENUE Old Deer Park, Twickenham Road, Richmond Upon Thames, 9am **CONTACT** Richard Xerri; enquiries@sportsystems.co.uk; www.perseverance-events.com **COST** £30/£32 **C/D** 1/3 **E/D** NO

SUSSEX

•ROAD •URBAN •RURAL
HASTINGS HALF MARATHON (+)
VENUE St. Leonards on Sea, Hastings, 10:30am **CONTACT** Sportsystems Ltd Hastings Half Marathon; 01424 436 030; racedirector@hastings-half.co.uk; www.hastings-half.co.uk **COST** £25/£27 **C/D** 15/3 **E/D** NO

WALES

•TRAIL •URBAN •RURAL

MERTHYR HALF MARATHON
VENUE Merthyr Town Centre, Merthyr Tydfil, 10am
CONTACT Sarah Draper; 07739 789 862; info@inspirefitnesscoaching.co.uk; www.merthyrrunningclub.co.uk **COST** £15/£18 **C/D** 1/3 **E/D** NO

WARWICKSHIRE

•ROAD •URBAN
BHF - WARWICK HALF MARATHON 2015
VENUE Warwick Racecourse, Hampton Street, Warwick, 9am
CONTACT Events Team; 0845 130 8663; events@bhf.org.uk; www.bhf.org.uk/warwick **COST** £23/£25 **C/D** 1/3 **E/D** NO

WILTSHIRE

•TRAIL
27TH ROTARY CLUB OF CALNE BOWOOD 10K
VENUE Bowood House, Derry Hill, Derry Hill, Near Calne, 10am **CONTACT** Diana Onslow; 01249 760 421; CalneFunRun@aol.com; www.CalneRotary.co.uk **COST** £6 **C/D** 15/3 **E/D** YES, +£1

•TRAIL

THE WILTSHIRE SCRAMBLE (+)
VENUE Spirithill Trail, Calne, 9am **CONTACT** Luke Shipway; 07595 449 480; 07802 447 873; info@eventsllogicuk.com; www.eventsllogicuk.com/event/the-wiltshire-scrumble/111 **COST** £13/£15 **C/D** 19/3 **E/D** YES, +£2

YORKSHIRE

•ROAD •RURAL •FLAT
THIRSK 10 (+)
VENUE Thirsk Racecourse, Station Road, Thirsk, 11am
CONTACT Marian Codling; 01845 522 805; marian.codling@btinternet.com; www.thirskandsowerbyharriers.co.uk **COST** £16/£18 **C/D** 14/3 **E/D** YES, +£2

FRIDAY MARCH 27

LONDON

•ROAD
BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K
VENUE The Bandstand, Hyde Park, London, 12:30pm
CONTACT Malcolm French; 020 8422 3900; lfotm5k@serpentine.org.uk; www.serpentine.org.uk/pages/lfotm5k.html **COST** £2/£4 **C/D** 16/3 **E/D** NO

SATURDAY MARCH 28

CHESHIRE

•TRAIL
VIPER SERIES 9.0
VENUE Delamere Forest, Delamere, Northwich, 8:30am
CONTACT Damian Cross; info@dsviper-events.com; www.viperseries.com **COST** £120 **C/D** 28/2 **E/D** NO

HAMPSHIRE

•TRAIL •RURAL
NEW FOREST QUESTARS ADVENTURE RACE
VENUE The Burgate School, Salisbury Road, Fordingbridge, 10am **CONTACT** Daniel Carrivick; 01380 831 388; info@questtgo.com; www.questars.co.uk **COST** £47 **E/D** NO

KENT

•TRAIL •RURAL
HOLE PARK TRAIL RUNS (+)
VENUE Hole Park, Rolvenden, Rolvenden, 10:30am
CONTACT Liz King; 01233 860 265; 07545 860 122; liz@trispirevents.com; www.trispirevents.com **COST** £20/£22 **C/D** 21/3 **E/D** YES, £25

•ROAD •URBAN •FLAT

PORT OF DOVER RACE FESTIVAL - MARATHON DAY 1 (+)
VENUE Marine Parade, Dover, 9am **CONTACT** Karen Webber; karen.webber@doverport.co.uk; www.doverport.co.uk/csr/racefestival2015/ **COST** £30 **C/D** 31/1 **E/D** NO

LONDON

•TRAIL •RURAL
ORION 15
VENUE Jubilee Retreat, Bury Road, Chingford, 10am
CONTACT Andrew Dodd; 07872 506 116; andrewcdwfc@yahoo.co.uk; www.orionharriers.org.uk **COST** -

•TRAIL

THE TOUGH10K RUN GREENWICH PARK 2015 (+)
VENUE Greenwich Park, London, 9:30am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; <https://thefixevents.com/the-tough-5-10-15k-runs-2015> **COST** £20 **C/D** 1/3 **E/D** YES, +£5

STAFFORDSHIRE

•TRAIL •RURAL
THE MASH MARCH MADNESS 10K 2015
VENUE Brindley Bottom, Marquis Drive, Cannock, 11am
CONTACT Mash Running; support@mashrunning.co.uk; www.mashrunning.co.uk **COST** £13.50 **E/D** NO

SURREY

•ROAD
10K MAD MARCH HARE (+)
VENUE Woldingham School, Marden Park, Woldingham, Caterham, 1pm **CONTACT** Lee Pearce; 07947 702 860; 07947 702 860; tri.project@live.co.uk; www.thetripject.co.uk **COST** £15 **C/D** 20/3 **E/D** YES, +£3

•TRAIL •RURAL
BOLT ROUND THE HOLT 2015 21K
VENUE Alice Holt Forest, Bucks Horn Oak, Farnham, 10am **CONTACT** Nerissa Deeks; 07863 137 132; rony@allabouttriathlons.co.uk; www.BoltHolt.co.uk **COST** £25 **E/D** NO

SUNDAY MARCH 29

BERKSHIRE

•TRAIL •RURAL
WOKEFIELD 10K (+)
VENUE Wokefield Park, Goodboys Lane, Mortimer, 10am
CONTACT Andy Macaskill; www.wokefieldfunrun.co.uk **COST** £19 **E/D** NO

CORNWALL

•TRAIL •URBAN •RURAL
AN RES HELLYS
VENUE The Old Cattle Market, Porthleven Road, Helston, 10:30am **CONTACT** Ceri Harvey; 01209 614 348; anreshellys@tempusleisure.org.uk; www.tempusleisure.org.uk/anreshellys **COST** £12/£14 **C/D** 20/3 **E/D** YES, +£2

DEVON

•TRAIL •RURAL •HILLY
EXE TO AXE 20 MILE COASTAL RUN (+)
VENUE South West Coastal Path, Exmouth, 10am
CONTACT John Perratt; 07831 559 341; pmitchell@southwestwater.co.uk; www.sidmouthrunningclub.co.uk **COST** TBC

DURHAM

•TRAIL •RURAL
HAMSTERLEY 'CONQUER THE FOREST' CHALLENGE (+)
VENUE Hamsterley Forest, Bishop Auckland, 10:40am
CONTACT Brian Lee; 07803 406 070 info@noegochallenge.com; www.noegochallenge.com **COST** £22 **E/D** NO

ESSEX

•ROAD •RURAL
SKYLINE120 BRAINTREE 5M
VENUE The Discovery Centre, Great Notley Country Park, Braintree, 11am **CONTACT** Braintree 5; skylinebraintree5@gmail.com; www.braintreeanddistrictac.co.uk/v2/braintree5.html **COST** £9/£11 **C/D** 15/3 **E/D** NO

GLOUCESTERSHIRE

•TRAIL •RURAL
FOREST OF DEAN TRAILS HALF MARATHON
VENUE Speech House, Coleford, 10am **CONTACT** Chris Hammersley; chrishammersley@yahoo.co.uk; www.forestofdean-halfmarathon.co.uk **COST** TBC **E/D** NO

•ROAD •RURAL •HILLY

HOGWEED HILLY HALF MARATHON XI
VENUE Horton Village Hall, Horton, Chipping Sodbury, 10:30am **CONTACT** Cazz Lansdown; 01454 325 886; 07948 710 426; hogweedentries@hotmail.com; hogweedtrotters.co.uk **COST** £17/£19 **C/D** 26/3 **E/D** YES, +£1

LANCASHIRE

•TRAIL
RESOLUTION 15K (+), STANLEY PARK, BLACKPOOL
VENUE Stanley Park, West Park Drive, Blackpool, 11am
CONTACT Rebecca Owen; 0161 742 7485; 0161 742 7485; resolution@stroke.org.uk; www.stroke.org.uk/event/resolution-run-stanley-park-blackpool **COST** £12.50 **C/D** 2/3 **E/D** YES, +£2.50

LONDON

•TRAIL •URBAN •RURAL •FLAT
HAMPTON COURT PALACE 1/2M
VENUE Hampton Court Palace, London, 9am **CONTACT** Palace Half; info@palacehalf.com; www.PalaceHalf.com **COST** £26/£28 **C/D** 20/3 **E/D** NO

•ROAD •URBAN •RURAL
KINGSTON HALF MARATHON

VENUE Hawker Centre YMCA, Lower Ham road, London Borough of Kingston Upon Thames, Kingston, 9am
CONTACT Race Secretary admin@energizedsports.com; www.energizedsports.com **COST** £19/£21 **E/D** YES, £30

NORFOLK

•ROAD •RURAL •FLAT
THE MAD MARCH HARE 10K
VENUE Frettenham Village Hall, Church Road, Frettenham, 10am **CONTACT** Alan Groves; 01797 230 009; martin@nice-work.org.uk; www.coltishalljaguars.co.uk **COST** £12/£14 **C/D** 20/3 **E/D** YES, +£2

OXFORDSHIRE

•ROAD •RURAL •FLAT
WHITE HORSE HALF MARATHON
VENUE Old Mill Hall, School Lane, Grove, 9:30am **CONTACT** Lee Barrett; halfm@whitehorseharriers.org; www.whitehorseharriers.org/halfmarathon.html **COST** - **E/D** NO

SCOTLAND

•ROAD •URBAN •FLAT
KILOMATHON SCOTLAND (+)
VENUE Ocean Terminal, Leith, Edinburgh, 8:30am
CONTACT Annette Drummond **COST** £6.98/£8.98 **E/D** NO

•TRAIL •FLAT

RUNNING SISTERS TAYSIDE 5KM 2015
VENUE Monikie Country Park, Monikie, Dundee, 11am
CONTACT Nicholas Kydd; 0845 20 20 143; nicholas.kydd@eventfull.biz; www.eventfull.biz **COST** TBC

SOMERSET

•TRAIL •RURAL
BATTLE READY RACES 0.2 (+)
VENUE Midsomer Norton, Radstock, 9:30am **CONTACT** Simon Rawlins; 07599 286 074; info@battlereadyraces.co.uk; www.battlereadyraces.co.uk **COST** TBC

•TRAIL •RURAL •FLAT

TAUNTON 10K
VENUE Taunton Racecourse, Orchard Portman, Taunton, 11am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £13 **C/D** 24/3 **E/D** YES

•ROAD •URBAN •RURAL

YEOVIL HALF MARATHON
VENUE Huish Park Stadium, Lufton Way, Yeovil, 9am
CONTACT Steve Elliott; 01935 426 779; steve@fullonsport.com; www.totalbuzzevents.com/yeovil_half_marathon.shtml **COST** £22/£24 **E/D** NO

SUFFOLK

•ROAD •URBAN
LOWESTOFT 5 MILE PROMENADE DASH (+)
VENUE The East Point Pavilion, Lowestoft, 10:30am
CONTACT Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £11/£13 **C/D** 25/3 **E/D** YES, +£2

SURREY

•TRAIL •RURAL
CRANLEIGH 15/21 (+)
VENUE The Band Room, Village Way, Cranleigh, 9am
CONTACT Brian Vine; mail@brianvine.com; www.mabac.org.uk **COST** £12/£14 **C/D** 15/3 **E/D** NO

•ROAD •URBAN •RURAL
CROYDON HALF MARATHON
VENUE Sandilands Club House, Sandilands, Croydon, 9:15am **CONTACT** Robin Jamieson; 07802 641 773; info@croydonhalf.co.uk; www.croydonhalf.co.uk **COST** £18/£20 **C/D** 20/3 **E/D** NO

•TRAIL •URBAN •RURAL
RUN RICHMOND PARK 10K RACE 3 2015 (+)
VENUE Richmond Park, Sheen Lane, Richmond, 10:10am
CONTACT David Krangel; 020 8144 0797; 07919 141 534;

Where's the action?

March's 256 events broken down by region

Scotland / 13

North / 36

Midlands / 37

East / 8

South / 112

Southwest / 36

Wales / 12

NI / 2



info@thefixuk.com; www.thefixevents.com **COST** £17
E/D YES, +£5

ROAD RURAL
SURREY SPITFIRE 20M (+)
VENUE Dunsfold Aerodrome, Dunsfold Park, Cranleigh,
9:30am **CONTACT** Alan Burrows; 07952 349 226; info@
eventstolive.co.uk; www.eventstolive.co.uk **COST** £21/£23
C/D 14/3 E/D YES, £25

SUSSEX
TRAIL RURAL
MEL'S MILERS 13TH MULTI TERRAIN 10K
VENUE Christ's Hospital School, Christ's Hospital,
Horsham, 10am **CONTACT** Anna Ramage; 01903 740 803;
jandaramage@btinternet.com; www.melsmilers.co.uk
COST £10/£12 C/D 25/3 E/D YES, £15

TRAIL
THE BRIGHTON CHICKEN RUN (+)
VENUE Hove Park, Hove, 10:30am **CONTACT** James
macdonald; 07967 189 482; brightonandhovechickenrun@
gmail.com; brightonandhovechick.wix.com/
brightonchickenrun **COST** £15.50/£16 C/D 26/3 E/D YES

WALES
ROAD RURAL
HBA-5-10-20 20 MILES (+)
VENUE Llanelli Leisure Centre, Park Crescent, Llanelli,
10am **CONTACT** Tim Gasser; 01554 758 036; tim@
humanbeingactive.org; www.humanbeingactive.org
COST £17 C/D 24/3 E/D YES, +£3

ROAD RURAL
VALE OF CLWYD 10K
VENUE Llandyrnog Village Hall, Llandyrnog, Denbigh, 11am
CONTACT Joe Cooper; 07875 404 922; joe.fitness@yahoo.
com; www.wout-fit.org.uk **COST** £11/£13 E/D NO

WILTSHIRE
TRAIL RURAL
BARBURY CASTLE TRIAL 10K
VENUE Barbury Castle Country Park, Smeath's Ridge,
Swindon, 10am **CONTACT** Simon Lovett; Simonlovet1977@
gmail.com; www.werun.co.uk **COST** £10 E/D NO

THURSDAY APRIL 2
WARWICKSHIRE
TRAIL RURAL FLAT
2ND CANAL ULTRA
VENUE Mary Arden Inn, The Green, Wilmore, Stratford-
upon-Avon, 8am **CONTACT** Christopher Seeny; 07982 240 521;
01386 642 186; 07982 240 521; chrisseeny63@gmail.com;
www.broadmeadowruns.co.uk **COST** £25/£27 E/D NO

FRIDAY APRIL 3
BERKSHIRE
ROAD RURAL
MAIDENHEAD EASTER 10M
VENUE Maidenhead Office Park, Westcott Way,
Maidenhead, 9:30am **CONTACT** Maidenhead Easter Ten;
mten@maidenheadac.co.uk; www.maidenheadac.co.uk/
home **COST** £18/£20 C/D 2/3 E/D NO

GREATER MANCHESTER
ROAD URBAN FLAT
SALFORD 10KM
VENUE Salford Sports Village, Littleton Road, Salford,
10am **CONTACT** Paul Stephens; salfordharriers@hotmail.
co.uk; www.bookitzone.com/bob_wpb/P82FFX **COST**
£12/£14 C/D 27/3 E/D YES, +£2

KENT
ROAD RURAL FLAT
FOLKESTONE 10 MILER (+)
VENUE The Green, Hythe, 11am **CONTACT** Jon Turbutt;
www.folkestoneclub.co.uk **COST** £16/£18 C/D 27/3
E/D YES, +£2

WARWICKSHIRE
TRAIL URBAN RURAL
GOOD FRIDAY MARATHON
VENUE Stratford-upon-Avon Cricket & Sports Club,
Swans Nest Lane, Stratford-upon-Avon, 8am **CONTACT**
Christopher Seeny; 01386 642 186; 07982 240 521;
chrisseeny63@gmail.com; www.broadmeadowruns.co.uk
COST £24/£26 C/D 1/1 E/D NO

YORKSHIRE
ROAD
BRIDLINGTON EASTER 5 MILE DASH (+)
VENUE Lime Kiln Lane Car Park, Lime Kiln Lane,
Bridlington, 10am **CONTACT** Martin Burke; 01797 230
009; info@nice-work.org.uk; www.nice-work.org.uk **COST**
£13/£15 C/D 16/3 E/D YES, +£2

SATURDAY APRIL 4
BERKSHIRE
ROAD FLAT
RUN ETON DORNEY 10K (+)
VENUE Eton Dorney Rowing Lake, Eton Dorney,
Nr Windsor, 1:30pm **CONTACT** Benedict Mason; 07540 902
612; events@votwo.co.uk; www.votwo.co.uk
COST £18 E/D YES, +£2

DERBYSHIRE
ROAD FLAT
NO WALK IN THE PARK 5K (+)
VENUE Queen's Park, Cricket Pavilion, Chesterfield,
9:30am **CONTACT** John Cannon; 01246 566 458;
j.cannon846@btinternet.com; northderbyshirec.jimdo.
com/ **COST** £3/£5 E/D ONLY

NORTHAMPTONSHIRE
TRAIL URBAN RURAL
EASTER RUN AROUND THE RESERVOIR MARATHON
TRIPLE DAY 1
VENUE Holiday Inn Hotel, Bedford Road, Northampton,
9am **CONTACT** Linda Major; 07725 215 152; madeyarun@
hotmail.co.uk; www.madeyarun.com **COST** £20/£21
E/D NO

SUSSEX
TRAIL HILLY
THE FRISTON FOREST ADDER 10 MILE CHARITY
TRAIL RUN (+)
VENUE Friston Forest, Littlington Road, Seaford, 9am
CONTACT Graham Lee; mdp-triathlon@hotmail.co.uk;
www.multisport-management.com **COST** £12/£13 E/D
YES, +£5

WALES
ROAD URBAN FLAT
LLANDUDNO EASTER 5K PROMENADE DASH (+)
VENUE The Promenade, Llandudno, 10:30am **CONTACT**
Martin Burke; 01797 230 009; martin@nice-work.org.uk
www.nice-work.org.uk **COST** £10/£12 C/D 27/3
E/D YES

SUNDAY APRIL 5
BUCKINGHAMSHIRE
ROAD FLAT
MARATHON PREP RUN 2015
VENUE Dorney Lake, Windsor, 9:45am **CONTACT** Craig
Thornton; 07740 554 190; info@theraceorganiser.com;
www.theraceorganiser.com/marathon-prep.html **COST**
£16/£18 C/D 1/4 E/D YES, £20

LANCASHIRE
ROAD URBAN FLAT
BLACKPOOL PRE VLM 20 MILE
VENUE Hilton Hotel, North Promenade, Blackpool, 9:30am
CONTACT Lewis McAndrew; admin@fyldecoastrunning.
org; www.fyldecoastrunning.org **COST** £22/£24 C/D 14/11
E/D YES, +£10

LONDON
ROAD
REGENT'S PARK RACES SUMMER 10K 6 RACE
GRAND PRIX SERIES
VENUE The Hub, Regent's Park, London, 9:30am **CONTACT**
Maurice Raynor; 07713 327 690; mauriceraynor@mail.
com; regentsparkraces.org **COST** £82.50/£93.50 C/D 1/4
E/D YES, £15/£17

NORFOLK
ROAD RURAL
TROWSE 10K
VENUE Norfolk Snowsports Club, Whitlingham Lane,
Trowse, Norwich, 9am **CONTACT** Richard Polley;
trowse10k@conac.org.uk; conac.org.uk/trowse-10k/ **COST**
£13/£15 E/D NO

NORTHAMPTONSHIRE
TRAIL URBAN RURAL
EASTER RUN AROUND THE RESERVOIR MARATHON
TRIPLE DAY 2
VENUE Holiday Inn Hotel, Bedford Road, Northampton,
9am **CONTACT** Linda Major; 07725 215 152; madeyarun@
hotmail.co.uk; www.madeyarun.com **COST** £20/£21
E/D NO

TRAIL FLAT
NORTHAMPTON RUN FEST MARATHON (+)
VENUE Delepre Abbey, Northampton, 10:10am **CONTACT**
Postal Entries; 07711 945 963; 07747 803 090; admin@
gobeyondchallenge.co.uk; gobeyondsport.co.uk **COST** £27
C/D 2/4 E/D YES, +£3

STAFFORDSHIRE
TRAIL
THE CHASEWATER EASTER EGG 10K (+)
VENUE Chasewater Country Park, Pool Lane, Burntwood,
10:30am **CONTACT** Martin Burke; 01797 230 009; martin@
nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15
E/D YES, +£2

YORKSHIRE
TRAIL RURAL
GUISELEY GALLOP 10K TRAIL RACE
VENUE West Side Retail Park, Guiseley, Leeds, 10:30am
CONTACT Guiseley Gallop; 07779 748 301; peterrawnsley@
btinternet.com; www.skyrac.org.uk **COST** £9/£11 C/D 30/3
E/D YES, +£2

MONDAY APRIL 6

LONDON
ROAD FLAT
LONDON EASTER 10K (+)
VENUE The Hub, Regents Park, London, 10:30am **CONTACT**

Martin Burke; 01797 230 009; info@nice-work.org.uk;
www.nice-work.org.uk **COST** £18/£20 C/D 30/3 E/D YES,
£20/£25

NORTHAMPTONSHIRE
TRAIL URBAN RURAL
EASTER RUN AROUND THE RESERVOIR TRIPLE
MARATHON DAY 3
VENUE Holiday Inn Hotel, Bedford Road, Northampton,
9am **CONTACT** Linda Major; 07725 215 152; madeyarun@
hotmail.co.uk; www.madeyarun.com **COST** £20/£22 E/D NO

WALES
TRAIL RURAL HILLY
GILWERN GRUNT
VENUE Brynmawr Foundation school, Brynmawr, 11am
CONTACT Paul Dodd; admin@rogueruns.co.uk; www.
rogueruns.co.uk **COST** £12/£14 C/D 30/3 E/D YES, +£2

THURSDAY APRIL 9
KENT
ROAD
THE GRAVESEND FLOODLIT 10K SERIES (+)
VENUE Cyclopark, The Tollgate, Wrotham Road, Gravesend,
7:30pm **CONTACT** Martin Burke; 01797 230 009; 01797 230
572; info@nice-work.org.uk; www.nice-work.org.uk **COST**
£8/£10 E/D YES, +£2

FRIDAY APRIL 10
SCOTLAND
ROAD URBAN
2XU JOGLE
VENUE From John O'Groats to Lands End, Caithness, 9am
CONTACT Steven Worrall; 01299 250 834; 07860 418 040;
info@ultrarunninggtd.co.uk; www.ultrarunninggtd.co.uk
COST £22.00 C/D 10/3 E/D NO

SATURDAY APRIL 11
DEVON
TRAIL RURAL HILLY
ENDURANCELIFE COASTAL TRAIL SERIES: STAGE 8
- EXMOOR MARATHON (+)
VENUE Lynmouth, 9am **CONTACT** James Barker;
01548 312 314; support@endurancelife.com; www.
endurancelife.com **COST** -

DORSET
TRAIL RURAL
THE ONER
VENUE Portland, noon **CONTACT** Brutal Events; 07968 976
116; info@brutalevents.co.uk; www.brutalevents.co.uk **COST**
£180 E/D YES, +£5

LINCOLNSHIRE
TRAIL RURAL
CAYTHORPE CANTER 26 MILES (+)
VENUE Caythorpe Playing Field, Old Lincoln
Road, Caythorpe, 8:30am **CONTACT** David Dorey;
pfcommittee2014@gmail.com; www.caythorpe.org **COST**
£15 C/D 10/4 E/D YES, +£5

SOMERSET
TRAIL RURAL
BATH BEAT 26.5 (+)
VENUE Ralph Allen School, Claverton Down, Bath, 8:30am
CONTACT Stan Johnston; thebathbeat@hotmail.com;
www.thebathbeat.co.uk **COST** £8 E/D YES, +£4

SUNDAY APRIL 12
AVON
ROAD URBAN
FRENCHAY 10K
VENUE UWE Glenside Campus, Blackberry Hill, Bristol, 11am
CONTACT Chris Green; 0117 956 1049; randk.hadden@gmail.
com; www.frenchay10k.co.uk **COST** £13/£15 E/D YES, £18

BEDFORDSHIRE
ROAD RURAL
SANDY 10M (+)
VENUE Sandy Sports Centre, Engayne Avenue, Sandy,
10:30am **CONTACT** Sandy Ten; 01767 682 251; 07770 823
148; enquiries@sandy10.org.uk; www.sandy10.org.uk
COST £13/£15 C/D 5/4 E/D NO

CAMBRIDGESHIRE
TRAIL
GO INSANE AT PETERBOROUGH
VENUE Grange Farm, Wittering Grange, Wansford,
Peterborough, 10am **CONTACT** Ashley Edwards; 07785
117 630; ashley@insaneterrainrunning.com; www.
insaneterrainrunning.com **COST** £36 C/D 1/4 E/D YES, +£14

CHESHIRE
TRAIL RURAL
THE SUFFERING 10KM @ ARLEY HALL, CHESHIRE (+)
VENUE Arley Hall & Gardens, Northwich, Midnight
CONTACT Richard Palmer; 07793 030 249; hello@ultimate-
adventures.co.uk; www.thesufferingrace.co.uk/ocr/arley-
hall/10km-spring/ **COST** TBC E/D YES, £60 unaffiliated

DERBYSHIRE
HAAGLOFS OPENS ADVENTURE RACE -
PEAK DISTRICT, DERBYSHIRE
VENUE Edale Village Hall, Edale, 9:30am **CONTACT** Nicki

Barron; 01539 531 048 [day]; nicki@opendadventure.com;
www.opendadventure.com/open5/ **COST** £28 E/D YES, +£7

DEVON
TRAIL FLAT
EXETER CITY 10K
VENUE Dukes Meadow Sports Park, Salmon Pool Lane,
Exeter, 11am **CONTACT** Mark Caswell; 0797 783 1519; mark.
caswell@btinternet.com; www.mccpromotions.com **COST**
£13 C/D 6/4 E/D YES

GREATER MANCHESTER
TRAIL URBAN RURAL
RADCLIFFE 10K MULTI TERRAIN RACE
VENUE Cams Lane Primary School, Harper Fold Road,
Radcliffe, 11am **CONTACT** Chemane Brier; markrun@hotmail.com;
www.radcliffeac.org **COST** £6/£8 E/D YES, +£1

HEREFORDSHIRE
TRAIL RURAL
MAGNIFICENT EASTNOR CASTLE 7
VENUE Eastnor Deer Park, Eastnor, Ledbury, 11am
CONTACT Duncan Cresswell; duncancresswell@btinternet.
com; www.ledburyharriers.org.uk/magnificent-eastnor-
castle-7.html **COST** £10/£12 C/D 7/4 E/D YES

KENT
TRAIL RURAL
GOUDHURST 10K (+)
VENUE Risebridge Health & Sports Club, Risebridge Farm,
Peasley Lane, Goudhurst, 10:30am **CONTACT** Martin Burke;
01797 230 009; info@nice-work.org.uk; www.nice-work.org.
uk **COST** £13/£15 C/D 5/4 E/D YES, +£2

LANCASHIRE
ROAD URBAN RURAL FLAT
3 BRIDGES 10K
VENUE Salt Ayre Sports Centre, Doris Henderson Way,
Lancaster, 11am **CONTACT** Steve Perry; 07762 795 605;
steveperry10park@tiscali.co.uk; www.lancasterathletics.
co.uk **COST** £10/£12 C/D 4/4 E/D YES, +£2

ROAD RURAL FLAT
FLEETWOOD 10K
VENUE Marine Hall Gardens, The Esplanade,
Fleetwood, 10am **CONTACT** Lewis McAndrew; admin@
fyldecoastrunning.org; www.fyldecoastrunning.org **COST**
£12/£14 C/D 7/4 E/D YES, +£5

LINCOLNSHIRE
ROAD RURAL FLAT
FRISKNEY HALF MARATHON
VENUE Village Hall, Friskney, Boston, 11am **CONTACT** Peter
Arnott; 01754 820 455; 07711 156 079; Peter@parnottforce9.
co.uk; bostonanddistrictac.com **COST** - E/D NO

LONDON
TRAIL RURAL FLAT
UFD HACKNEY HALF MARATHON SERIES -
RACE 1
VENUE North Marshes, Homerton Road, Hackney, 11am
CONTACT Bob Beltton; 07880 884 573; info@ufdance.co.uk;
www.ufdance.co.uk **COST** £20 E/D YES, +£5

TRAIL
INNOVATION SPORTS VIVOBAREFOOT 10K RACE
SERIES RACE 2015 (+)
VENUE Bandstand, Clapham Common, Clapham, 10am
CONTACT Running Team; 0845 257 1160; running@
innovationsports.co.uk; www.innovationsports.co.uk/
enter-a-race.html **COST** £17.75 C/D 6/4 E/D NO

ROAD URBAN RURAL FLAT
PUTNEY & FULHAM RIVERSIDE HALF MARATHON
VENUE Barn Elms Sports Centre, Queen Elizabeth
Walk, London, 9am **CONTACT** Race Secretary admin@
energizedsports.com; www.energizedsports.com **COST**
£19/£21 E/D YES, £30

NORTHAMPTONSHIRE
TRAIL RURAL FLAT
THRAPSTON 5 (+)
VENUE Thrapston Town Football Club, Chancery Lane,
Thrapston, 11am **CONTACT** Kevin O'Brien; 07894 534 093;
kvnob@aol.com; www.thrapstontownfootballclub.co.uk
COST £12 C/D 5/4 E/D YES, +£3

OXFORDSHIRE
TRAIL RURAL FLAT
ROKE AND WARBOROUGH FUN RUN
VENUE The Green, Warborough, 11am
CONTACT runnersworld.co.uk/events/viewevent.
asp?sp=&v=2&E=88227&ms= **COST** £10 E/D YES, +£2

SCOTLAND
ROAD RURAL HILLY
ANGUS HAM (HALF MARATHON) 2015
VENUE Monikie Country Park, Dundee, 10:30am **CONTACT**
Nicholas Kydd; 0845 20 20 143; enquiries@eventfull.biz;
www.eventfull.biz **COST** £13.10 E/D NO

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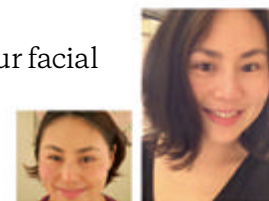
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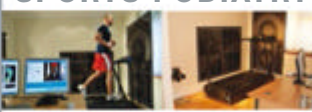
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Pam Relph

The gold medal-winning Paralympic rower, 25, on why running is nature's painkiller

When I was seven I was diagnosed with psoriatic arthritis. At first it was mainly in my wrist but it later spread to my knee and ankle too. Despite my condition, I've always been very sporty and especially loved running.

I never saw it as anything that was going to hold me back. I couldn't do handstands like my friends when I was little, but that was about it. I ran cross-country for my school, which was great.

I joined the Army in my late teens. Part of our training was to run a mile-and-a-half once every six weeks to gauge our fitness. We also did the same distance in full combat gear wearing boots, a pack, and carrying a rifle. Running-wise, it was one of the toughest things I'd ever done.

It was a huge disappointment when I had to leave the Army when some of my joints fused. But thanks to my sister, Monica, who was a GB rower, I became involved with the GB Paralympic rowing team. We won gold at London 2012. Everything happens for a reason.

When I think about running I believe that's what humans are built to do. It's in our genes, unlike rowing, which is a much more man-made sport because it's very technical.

I love running so much I even asked to do more running in my regular training for rowing. But I will also go for a run as my way to relax. I love to head off and explore, or even better, run somewhere and get a little bit lost so it turns into an adventure.



'I know that one day I might not be able to do what I do because of my condition'

I like to do my running early in the morning. It sets me up for the day. I enjoy running in early autumn best. When it gets really cold, my arthritic joints become painful, which isn't much fun.

My plan is to enter a half marathon soon if my coach gives me the nod. I've seen lots of other runners at events wearing the orange vest of Arthritis Research UK, who I am an ambassador for. I would love to wear one in a race too.

I like to run with my boyfriend Rob, who I met at the 2012 Paralympics. He was in the US rowing team but is now a triathlete and lives in Salt Lake City. We have been on some great runs together where he lives.

I must look like such a weirdo some days when I'm running along the river at Henley where we're based. I have a big smile on my face as the running is often the best part, even though we do up to 35km in a week in training sessions.

I know one day I might not be able to do what I want because of my condition. That's why going for a swim, bike ride or run is always something I will want to do, even if I'm in pain. Once I get the endorphins flowing, I always feel better.

● Pam is an ambassador for Arthritis Research UK, which funds research into the cause, treatment and cure for arthritis. Visit arthritisresearchuk.org/running to join Team A.

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